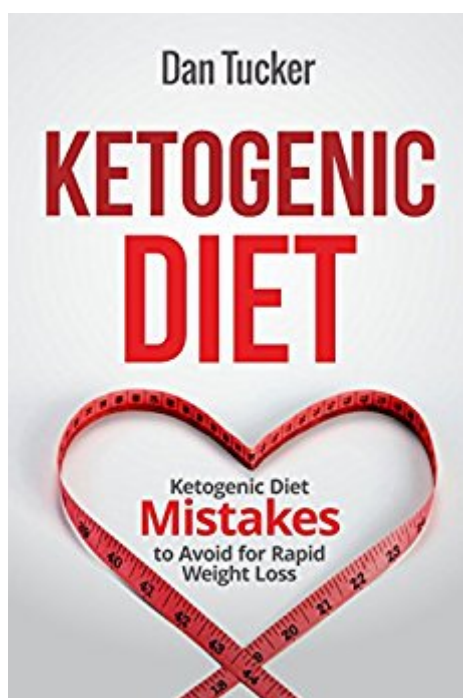


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# Ketogenic Diet: Ketogenic Diet Mistakes To Avoid For Rapid Weight Loss (Ketogenic Diet For Weight Loss, Ketogenic Diet For Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet)



## Synopsis

Sick of fad diets? Had enough of eating lettuce leaves yet getting no results? Want to burn fat and shed weight—without starving yourself? Struggling to achieve ketosis and not reaping the full rewards of ketogenic diet? Having difficulty switching your body from burning sugar to burning fat? Want to know the most common mistakes sabotaging your efforts to achieve ketosis? The key to success on the ketogenic diet is knowing exactly how to get it working for you. Transform your body into a fat burning furnace. This book teaches you the ketogenic diet mistakes you need to know in order to get into full-blown ketosis and turn your body into a fat burning furnace. The common ketogenic diet mistakes you need to know. The only hurdle to achieving dramatic weight loss on the ketogenic diet is switching your metabolism from burning sugar to burning fat. Unfortunately, this is where the vast majority of would-be fat burners fall victim to the same common mistakes that sabotage ketosis. All the work, effort, and commitment goes down the drain with no results to show for it. Don't let this be you! After reading this book, you will no longer fall prey to many pitfalls and roadblocks that sabotage ketosis. How will you learn to reap the full rewards of ketosis? What you need to do to avoid suboptimal results and get into full-blown ketosis. Exactly how to implement the ketogenic diet. How to exercise correctly on the ketogenic diet. Why you're probably counting carbs wrong and sabotaging ketosis. And more! Drop weight like a B-52 drops bombs. Learn the one fat essential to the ketogenic diet that most people unknowingly neglect. How to alleviate the infamous "keto flu." How to get just the right amount of protein—and why too much protein prevents ketosis. And more! If you're thinking of starting the ketogenic diet, or already have, this book is an absolute must read. To look great, feel great, and become your leanest, healthiest self, scroll up to the top and click BUY NOW!

## Book Information

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## Customer Reviews

Ketogenic diet gives me the perfect diet and calories of daily requirements. I am grateful because this book doesn't just lists, recipes but it goes on and even gives tips to beginners on how to go along successfully with Ketogenic diet. I really appreciate this one. After reading the whole content, I learned so many delicious recipes which boost up the energy level and built stamina that is good for one's health. This book is my favorite so far. It's informative. I love this!

Ketogenic diet always bangs my ears every day until such time I get curious about it and read this book. I have found out in this book the benefits that ketogenic diet could give those who do this method. Dieting is very laborious for me however this book made me feel a lot easier on my diet. This is a book that suits my way of dieting.

I read this book in one sitting. It read easy and was very informative. Now I know where my keto diet went wrong. Starting over this weekend.

A quick, to the point, informative book that gives you a breakdown on what a Keto diet consists of with tips to be successful and an explanation to back it up. It wouldn't be the only thing I read, but it's a good starting off point to see if this is something you really want to commit to.

I keep falling with my nose in the diet books. Again, I'm not looking to lose weight but have experienced a personal story of transformation when it comes to bodyfat. Ketogenic was something new to me and the title 'mistakes' was grabbing and enticing for me. Loved the recipes and will

give the book to my friend, she can use some weightloss. Thanks for the promo!

informative

This book is right on the money, and the information is invaluable. This book helps you avoid the mistakes that others make on the keto diet, and the help that this book gives is very positive and encouraging.

Easy to read, solid information, straight to the facts of the ketogenic diet. Good tool to refer back to as one begins this journey.

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