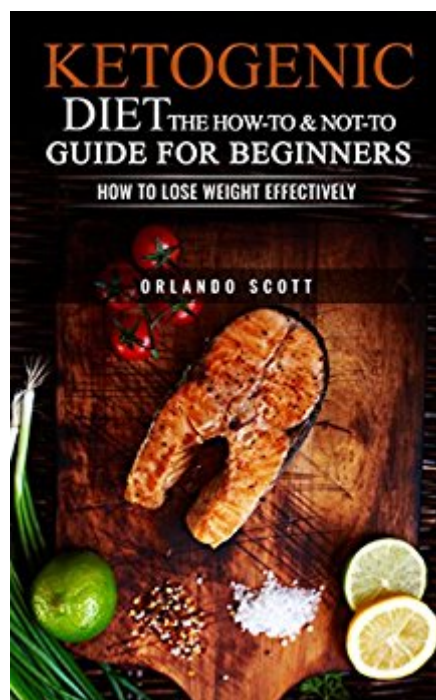


The book was found

Ketogenic Diet: The How To & Not To Guide For Beginners: Ketogenic Diet For Beginners: Ketogenic Diet For Weight Loss: The How To & Not To Guide For Beginners



Synopsis

****Edited**** 12/9/16 Improved content, understandability, proof read 12/9/16 Free Bonus "Ultimate Drink Recipe Series" included Did you know that there are many proven benefits of The Ketogenic Diet ? They include... Drop in blood sugar and insulin levels Weight loss Freedom from food fixation Reduction of appetite Lowering of blood pressure Wanting to start the Ketogenic Diet but don't know how to begin This book contains proven steps and strategies on how to use the low-carb, high-fat Ketogenic Diet as a weight loss method. It is one of the most effective diets for weight loss available today. It's easy to follow and offers many health benefits, too. This ebook offers a guide on what to do and what not to do in a Ketogenic Diet, how to create diet plans and how to kick-start a workout routine. Don't do it WRONG Many people out there are not achieving the results they want simply because they just aren't doing things correctly. You can't expect to just buy a Ketogenic Cookbook, cook and eat everything that is written in there and expect to lose weight. You **MUST** understand that there are strict guidelines to follow and in order to follow a diet plan properly. You have to understand the rationale behind doing certain things. At the start, get it right, only change it accordingly to your likings once you are familiar with it. Dining out while on a Keto Diet? **NO PROBLEM** Of course, we can't set a rule that all people following the Ketogenic Diet have to stay at home everyday and cook their own meals. It's obvious that we all have social commitments where we dine out with our family or friends. This is a common problem Ketogenic Diet practitioners face but certainly there is a way around it. Weight loss with no exercise explained It may sound a little too good to be true but this has been proven many times by Ketogenic Diet practitioners that weight loss without exercise is a **REALITY**. There are many scientific explanations to this which we will go into greater detail such as explaining the state of ketosis and appetite suppression. Of course, exercise obviously improves your rate of weight loss which we will also cover. What else you can expect to learn... Origins of the Ketogenic Diet dating back to the 1920s The study about using Ketogenic Diet for weight loss & health What to do in a Ketogenic Diet for a complete beginner Allowed and not allowed foods 7-Day Easy-To-Follow Ketogenic Meal Plan with Breakfast, Lunch & Dinner Recommendations Frequently Asked Questions **ANSWERED** and Much, much more! Scroll up now and click the buy button to begin your Ketogenic Adventure !

Book Information

File Size: 3296 KB

Print Length: 68 pages

Simultaneous Device Usage: Unlimited

Publication Date: May 27, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01G9YJB7I

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #374,555 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Softball #16 in Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #19

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care

Customer Reviews

I am happy with my purchase of this "Ketogenic Diet: The How To & Not To Guide..." book. This is a good book to learn the basics about the Ketogenic Diet. I wanted to know more about the Ketogenic Diet before investing too much money into a diet that I wouldn't be interested in or able to follow for very long. I really liked the part where they explained how the Ketogenic Diet came about in the first place. That was very interesting and I had no idea that this diet had been around for so long. I also liked the detailed explanation about the various types of Ketogenic Diets. This diet has more variations to choose from than I knew existed. Therefore, you can choose the variation that fits your needs. This book has given me the information I needed to make an informed decision on the Ketogenic Diet. And now that I know the basics about the Ketogenic Diet, I don't mind investing more of my time and money into finding resources that will give me more detailed Ketogenic Diet plans and recipes.

I purchased this book The Ketogenic Diet The How To and Not To Guide for Beginners By Orlando Scott because I am following a Keto group on facebook and although it is a great support group I like to read all I can on the diet for myself and advice on my FB posts. I have it on my kindle which I love to use and this book explains how to use low carbs, high fats, what to do, and what not to do

with steps and strategies to get your weight loss on the right track. I am doing great on my weight loss, down 8 lbs my first week! I am very pleased with this book and would recommend it to anyone wanting to do the Ketogenic diet. This is my honest opinion and review of this book.

A thoughtful Google search will reveal more than this book. It is large fonted, includes spelling and grammar errors and provides absolutely no knowledge that can't be found with about 5 minutes of internet time. Very disappointed. Why is this stuff allowed to be sold? On the positive side, it has inspired me to write a book...because apparently anyone can

Ketogenic diet is one of the most popular diets these days. If you want to start keto diet this is the book you should grab first. It is guided more towards beginners and explains everything you need to know before diving straight to recipes. It covers basics, all the benefits that you have no idea that exists, do's and don'ts. One thing that I missed was not that informative recipes in a meal plan section. That's my only complain. Liked FAQ section at the end though.

This is a printed form of an eBook. Everything in the book can be found via a google search for "Ketogenic Diet". At one point the author even referred the readers to the internet for more information. I should have saved my \$12 and stuck to my internet research.

I need to shed a few pounds and a friend of mine has had success with the ketogenic diet. I started the course a few days ago and already feel better- i swear my jeans are more loose! The recipes are great and i don't feel like i'm on a diet. I also notice how much further information the author includes- for example he details the specific steps of how to stay on track and various tips which will help stop you from falling off the bandwagon!

I know ketogenic diet already but I just want to learn more about it. This book has given me insight the ketogenic diet. The biggest benefit of the keto diet is weight loss. The author has explained it very well. The keto recipes are really good. These recipes are rich in taste but easy to prepare. I have tried a few from these recipes and found them really yummy. I think I have got the best book and it will definitely assist me to lose extra fats.

As someone who is not very familiar with this diet I thought it was excellent at explaining what it is all about. There was good detail on what to eat and what not to eat. Not only does this diet help you

lose weight, there are many health benefits as well and this book lists them all. There is also a great 7 day meal plan to get you started. I recommend!

[Download to continue reading...](#)

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) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know ****BONUS**** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Ketogenic Diet: The How To & Not To Guide for beginners: Ketogenic Diet For Beginners: Ketogenic Diet For Weight Loss: The How To & Not To Guide for beginners Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide for Rapid Weight Loss and Amazing Energy (Ketogenic Diet, Atkins Diet, ... Beginners, Intermittent Fasting) (Volume 1) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide to Rapid Weight Loss and Amazing Energy!: 20+ Mouth-Watering Recipes Included (ketogenic diet, atkins diet Book 1) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: Beginners Guide For Rapid Fat Loss And Vitality (Ketogenic Diet For Beginners, Ketogenic Diet Meal Plan, Ketogenic Diet Mistakes, Low Carb Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Ketogenic Diet :The Step by Step Guide For Beginners: Ketogenic Diet For Beginners : Ketogenic

Diet For Weight Loss : Keto Diet : The Step by Step Guide For Beginners Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Ketogenic recipes, Ketogenic Cookbook for Weight Loss, Ketogenic Cookbook for beginners) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)