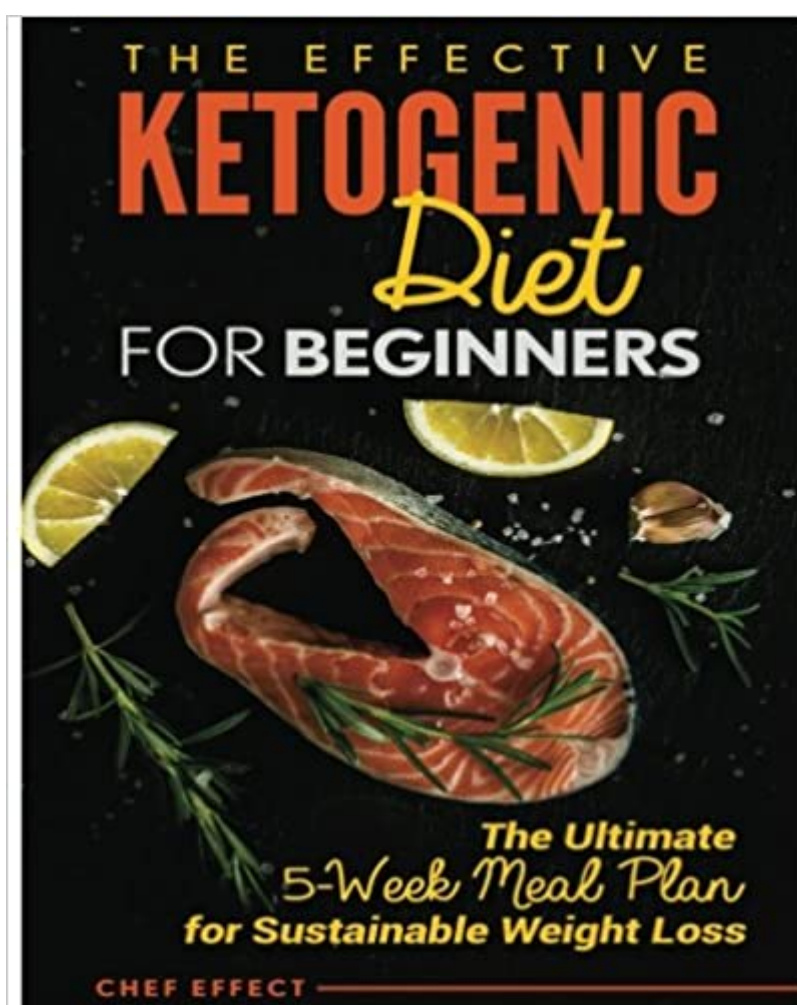




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The Effective Ketogenic Diet For Beginners: The Ultimate 5-Week Meal Plan For Sustainable Weight Loss



Synopsis

The Effective Ketogenic Diet for Beginners The ketogenic diet offers this premise: eat 60-90% of your calories from fat, adapt to metabolizing fat quickly as energy, gain better appetite control and regulation, and lose weight as your body easily burns fat stores. It sounds like the complete opposite of everything we've been told about weight loss for the past few decades, but strong research backs up the science behind the ketogenic diet. As you replace most of the carbohydrates in your diet with fat, major physiological changes occur that make it easier for many people to lose weight. In most cases, they also see lower blood pressure and cholesterol and other health benefits! This book is a complete guide to beginning the ketogenic diet. It will teach you about:

- Ketogenic Diet
- Who Should Follow the Ketogenic Diet
- Ketosis
- What to Eat
- How to Begin the Ketogenic Diet
- Possible Side Effects
- 5-week Meal Plan
- Over 90 Delicious and Healthy Recipes

Some of the recipes include:

- Chocolate Hazelnut Smoothie
- Golden Coconut Smoothie
- Anti-Inflammatory Spice Smoothie
- Coconut Almond Porridge
- Peanut Sauce
- Scrambled Eggs with Mushrooms and Brie
- Salmon Salad with Rich Balsamic Dressing
- Creamy Spinach Soup
- Steak Salad with Blue Cheese Dressing
- Chilled Summer Soup with Asiago Croutons
- Turkey Burgers with Sage
- Chicken Stir Fry with Peanut Sauce
- Baked Arctic Char with Sour Cream and Chives
- Beef Chili
- Keto Irish Beef Stew
- Salami Cheese Roll-ups
- Kale Chips

Get your copy and start your Ketogenic Diet Journey today! See You on the Effective Side! -Chef Effect

Book Information

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Customer Reviews

I've read many books about keto diet and although this one has lots of information, it disagrees with

lots of other book. So I don't know who's right. It contains lots of useful recipes at the end.

Easy recipes!

Five week plan is varied and well put together This is worth the read. There is a concise short explanation of the keto diet also.

Half of the book are theory behind keto and how it works, half are receipts. Big plus is that all receipts include carbs count, measures and servings, and that they are sorted by meal types. There are a lot of breakfast options and smoothies, but also solutions for easy and take-to-work meals. No special or pricey ingredients required. Recommend reading.

This book is split into 5 parts. 1- explains what ketogenic diet is. 2- what you should eat for ketogenic diet. 3- how to begin the diet 4- comes with the 5week meal plan. 5- recipes, endless recipes. In my opinion this is one of the best ketogenic diet books out there. It has straight forward instructions for both the plan and recipes.

I've always wanted to give the Keto Diet a try but didn't know where to start. Luckily, I found this book and it gave me the push I needed. It's packed with a lot of great info and the meal plan and recipes are easy to follow. Looking forward to the results!

Love the recipes in this book. Tried some of them and they were very tasty too!! Happy with this purchase.

This is exactly what I needed to help me lose a few pounds before summer. Very clear and straightforward, and i love the recipes.

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