



Ketogenic Diet: Best Way To Lose Weight! Everything You Have To Know About High Protein Diet: How To Start, What To Eat + 3 Ideas Of Day Meal Plans.: (Ketogenic ... paleo diet, anti inflammatory diet Book 2)

Batya Atkins

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How To Start, What To Eat + 3 Ideas Of Day Meal Plans.

Have you tried countless diets, and then failed to stick to them for long enough to get your desired results? Have you spent weeks losing weight, and then gained it all back in a matter of days? Are you tired of counting calories, measuring portions, and eating boring foods while everyone around you seems to be gorging themselves and staying enviably thin? Before you totally give up ever reaching your ideal weight, try the straightforward diet described in this book.

The Ketogenic Diet is not a fad, requires no special shakes or supplements, and you don't have to pay anyone a fee to learn its guidelines. All you have to do is give yourself some time to read this book, and then you can start following the Ketogenic Diet as soon as today! The Ketogenic diet is simple to follow, easy to stick to, and will leave you feeling full and satisfied while you watch your extra weight drop away.

This book includes:

- A glossary of terms, to help you understand the phsyciological processes that occur when you follow a Ketogenic diet.
- An explanation of what a Detogenic diet is, and how it works, including easy to follow rules and suggestions.

- A three-day meal plan for Ketogenic diet beginners.
- Tips for sticking to the diet, dealing with cravings, and getting all the nutrients you need without ever breaking the diet rules.
- Suggestions for dealing with potential side effects you may experience while your body adapts to the new way of eating – and losing weight.
- A discussion about the potential dangers of a low-carb diet, and how to prevent any harm to your health.

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