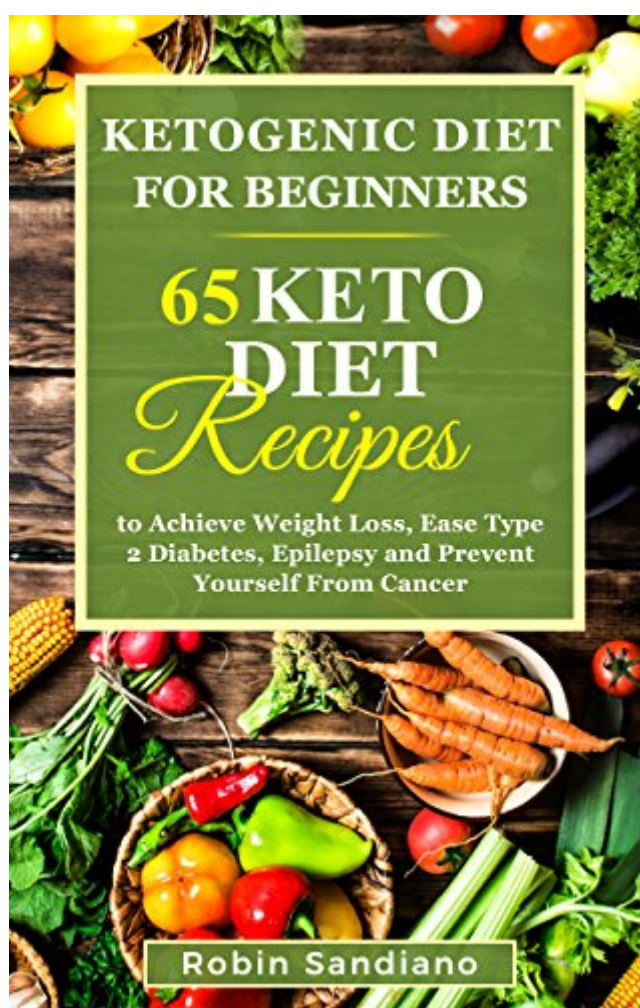


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# Ketogenic Diet For Beginners: 65 Keto Diet Recipes To Achieve Weight Loss, Ease Type 2 Diabetes, Epilepsy And Prevent Yourself From Cancer



## Synopsis

Have you ever wondered, day by day you're gaining weight, your body is getting weak, your Blood sugar level is increasing and you don't know what to do for it? Yes, you got the answer you have to do some physical exercises in order to burn your fat and keep your body fit. Are Physical exercises enough to maintain your body shape? No, you will need a Proper Diet to maintain your body. Here comes, Ketogenic Diet For Beginners: 65 Keto Diet Recipes to Achieve Weight Loss, ease Type 2 Diabetes, Epilepsy and Prevent Yourself From Cancer. The ketogenic diet has been proven to be highly beneficial for our bodies and to even control and prevent some serious diseases. If you are convinced that preventing epileptic seizures, Type-2 diabetes, Cancer and achieving weight loss through diet cannot be possible, you may be in for a pleasant surprise if you use the recipes that can be found in this Ketogenic Cookbook. This Ketogenic Cookbook is made for beginners, and it will teach you everything you need to know about Ketogenic Diet and its importance for our health. It will also reveal you the way to use this diet in order to control and prevent certain deadly diseases. Ketogenic diet is not restrictive and there are many different recipes that you can try. In total, this book consists of 65 Keto diet recipes for beginners that you can easily recreate at home! They're delicious, healthful and they will help you lose weight and keep your body healthy. If you are considering a ketogenic diet for yourself, maybe you think you wouldn't have the strength to exercise. Maybe you think you couldn't possibly stick to a strict diet. Don't worry about either one of those things because two of the three forms of the modern ketogenic diet allows some carbohydrates in the diet. You will find out about all three of these diets in this book. This Ketogenic Diet Cookbook provides you with 65 healthy Low carb, High-fat recipes for a Keto lifestyle. Ketogenic recipes for Breakfast, Lunch, Snacks and Dinner. Nutritional information for each recipe. Preparation time, cooking time and number of serving for each recipe. These recipes will also slow down and decrease the symptoms of type 2 diabetes patients and they will prevent cancer. As for epilepsy sufferers, they will have less seizures and the low carb, high-fat recipes gradually burn the fat in your body to lose weight in order to achieve Weight loss. Thanks to Keto diet! To control such diseases, try the Keto diet recipes and you'll definitely see results. It would be worth the small amount of money you would pay for Ketogenic Diet for Beginners: 65 Keto Diet Recipes to Achieve Weight Loss, ease Type 2 Diabetes, Epilepsy and Prevent Yourself From Cancer cookbook to have some recipes you could try out to see whether this diet would help you or your loved one. Tags: Ketogenic Diet, Keto Diet, Keto cookbook, Ketogenic diet for Weightloss, Ketogenic Cookbook

## Book Information

File Size: 2474 KB

Print Length: 98 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 19, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B074YL73YR

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #77,152 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14

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## Customer Reviews

You will be glad to hear to know that Ketogenic diet is becoming popular day by day. And this book has gathered very informative tips and description about Ketogenic diet and its several benefits.

This book is quite short but has the most important information. You will find several recipes for the book.

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diabetes) 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: 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) VEGAN KETO: The 120 most delicious vegan ketogenic recipes for weight loss and healthy living (ketogenic diet, vegan, keto, keto diet, ketogenic, ketosis, keto cookbook, ketogenic cooking) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) 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: 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) 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) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Ketogenic Diet: 30 Delightful Dessert Recipes: 1 Month of Keto Desserts + FREE GIFT (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds in 30 Days with Easy & Quick Ketogenic Recipes (diabetes, diabetes diet, paleo, ... carb, low carb diet, weight loss) (Volume 1) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) 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)

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