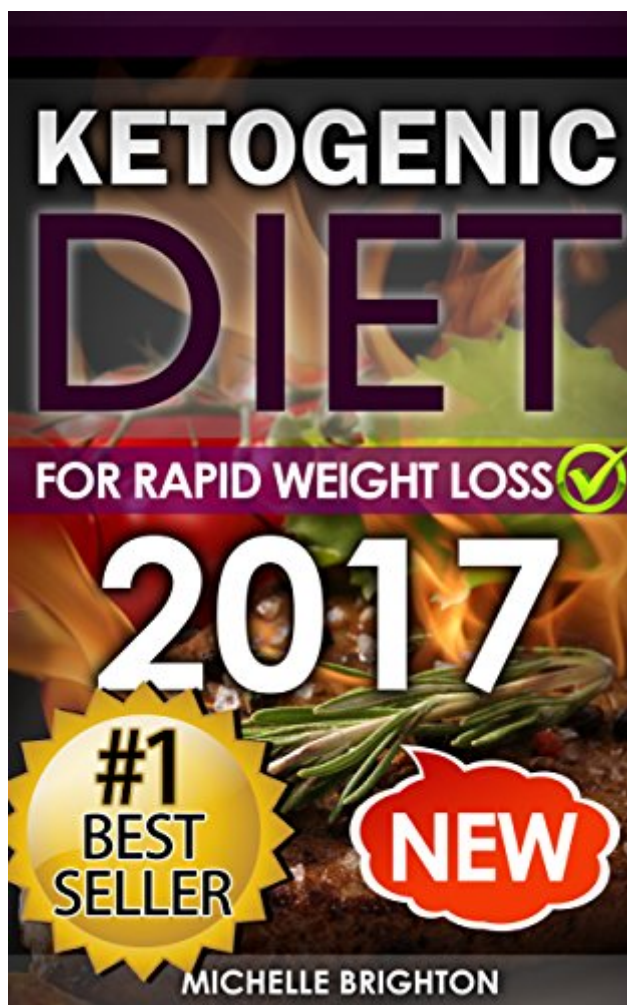


The book was found

Ketogenic Diet: For Rapid Weight Loss: Recipes And Mistakes To Avoid



Synopsis

Lose weight where it counts - without starving yourself!***SPECIAL OFFER!!!** LIMITED TIME OFFER 40% OFF (Regular Price \$4.99)Are you sick of fad diets? Overweight, or just want to live a healthier lifestyle? For many people, losing weight while maintaining a normal lifestyle seems like an impossible dream. We all know that what we eat is most of the battle, but how do we win that battle?We have the answer. You need to try it. No more excuses! In this book the critically acclaimed wellbeing coach Michelle Brighton will share with you her secrets on how to slim down and feel fab.This book will provide you with the following key resources:The MUST KNOW fundamentals and elements of how to implement the ketogenic dietHow to determine if the ketogenic diet is safe for you How to make a clean break and stick with itOur exclusive cheat sheets on common mistakes (and how to avoid them!)Delicious variety of recipes for all situationsand much much more!Don't keep making excuses. Don't wait until Monday. Give yourself the gift of looking and feeling great right now!***SPECIAL OFFER!!!** LIMITED TIME OFFER 40% OFF (Regular Price \$4.99) This #1 Best Selling Critically Acclaimed Book is now available Globally on - Download it Now!

Book Information

File Size: 1666 KB

Print Length: 116 pages

Publication Date: March 27, 2016

Sold by:Â Â Digital Services LLC

Language: English

ASIN: B01DIFJ23O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #67,426 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #50

inÂ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets >

Ketogenic #79 inÂ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic #85

inÂ Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Ketogenic

Customer Reviews

Honestly this is a very small book with very large font...and it includes 5 recipes for pancakes/waffles... out of 42 recipes. The information in the beginning of the book is very confusing. Under foods not to eat it included, bananas, cocoa and Splenda... but these are included in some of the recipes. Since this was my first book about this subject, I guess I was looking for more complete information and not quite so vague. If I could get my money back, I would.

A lot of contradictory information and a lot of "we'll discuss that later" that's never mentioned again. This appears to be a rush job to capitalize on the ketogenic trend. Don't waste your money, this book doesn't cover anything that you cant find easily on the internet.

long intro, few recipes & no new info...sad to say, i wish i had passed on this book.there was a formula offered to calculate daily caloric intake - helpful, but could / should have included examples, as math was not clear (missing rules of math, such as parentheses).as a matter of fact, a few individual "actual" examples of average age/weight/height/gender folks would have served the reader well, especially getting started on such a new diet venture. maybe these could be added as an appendix later to enhance the book & the reader's experience.

I am really very excited to get this book. This book is one of the best Ketogenic diet.This is a wonderful it helps to reduce your weight, achieve a flat belly, loss weight with using Ketogenic diet. This book is a complete introduction about ketogenic diet and this book tells what is the difference from other diet that is really amazing and very informative.. This book also help to boost your metabolism and make you healthy. The Author briefly describe easy ways to reduce your weight and makes you healthy. Very easy to read and learn. There are given different easy steps which you can easily follow. In this book there are different recipes for your meal, these recipes really very delicious and you dont worry these recipes also help you to make healthy.Recommended to all.

To start a keto diet, you will want to plan ahead. That definitely means having a viable diet plan ready and waiting. What you eat really depends how fast you want to get into a ketogenic state. The more restrictive you are on your carbohydrates, the faster you will enter ketosis. I will try this ketogenic diet to lose weight easily and having a healthy lifestyle.

I bought this book because I thought it was up to date on Keto diet. I have spent the last month

researching this diet. By far, I feel this book provided me with recipes that had way too many ingredients, no macros listed. Confused in a chapter that said to try and stay away from broccoli but it's ok to eat some beets. Just didn't make sense from the info I've received while researching this diet. I honestly don't think it deserves 1 star.

This book was a WASTE of my money. I thought it was great until I got to the recipes. After spending time calculating how many calories I should have per day, carbs, fats, and protein I was excited to look at the recipes and get started. Unbelievable but recipes have NO NUTRITION INFORMATION AT ALL! No serving size, no calories, no carbs, no fat, no protein information. Did I miss reading something in the book that explains how to incorporate them? If I hadn't marked in the book as I was reading it and didn't want to waste more of my time returning it I sure would be. DON'T WASTE YOUR MONEY ON THIS ONE.

I know this way of eating works really well. Met many people who have lost 100 pounds within a year. Still trying to decide if I have the will power. Make sure you read more info than just this one book so you have good knowledge about the plan.

[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 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: 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: Beginners Guide For Rapid Fat Loss And Vitality (Ketogenic Diet For Beginners, Ketogenic Diet Meal Plan, Ketogenic Diet Mistakes, Low Carb Diet) 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(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 Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (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) 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) 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 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 Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) 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: 58 Delicious Low Carb Ketogenic Recipes for Fat Burning and Permanent Weight Loss! (Ultimate Cookbook -Complete Beginners Guide on Rapid Weight Loss and Diet Mistakes) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Ketogenic Diet: The Ketogenic Diet Cookbook: 30 Ketogenic Diet Lunch Recipes For Rapid Weight Loss And Amazing Energy (Ketogenic Cookbook Series 2) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid: Lose Weight Fast with the Low Carb Ketogenic Diet Plan Ketogenic Catastrophe: Avoid the Top 21 Ketogenic Diet Mistakes and Successfully Achieve Rapid PERMANENT Weight Loss (low carb recipes included!) Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)