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## Ketogenic Diet: The Ketogenic Diet Cookbook: 75+ Delicious and Healthy Recipes for Rapid Weight Loss and Amazing Energy (Paperback)

By John T Smith

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do you want to lose weight? Perhaps the word diet makes you anxious and nervous. Wouldn't it be nice if you could lose weight without having to stop eating? You might be thinking that this sounds absolutely ridiculous. No, your source of nutrition won't be restricted to just fruits and vegetables. Yes, you read it right. You will lose weight by making a simple change in your daily diet plan. The ketogenic diet is the perfect diet for those who want to lose weight without having to eat measly meals. So, what exactly is the ketogenic diet? To put it simply, this is a diet where a person will need to consume a high amount of fats and low or no carbs. On this diet, 90 of your calorie requirement is fulfilled by fats, and the rest by proteins and carbs. This is a high fat and low carbohydrate based diet. Our body makes use of carbohydrates for providing us with energy. Carbohydrates are broken down into glucose, the main source of energy. In a ketogenic diet, there is...



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### Reviews

*It is one of my personal favorite books. It is written in easy terms and never hard to understand. It has been designed in an exceedingly easy way and it is only after I finished reading this publication by which in fact changed me, change the way I think.*

-- **Lucinda Stiedemann**

*A really great publication with perfect and lucid explanations. Of course, it is plain, continue to an amazing and interesting literature. I discovered this book from my wife and dad suggested this publication to find out.*

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