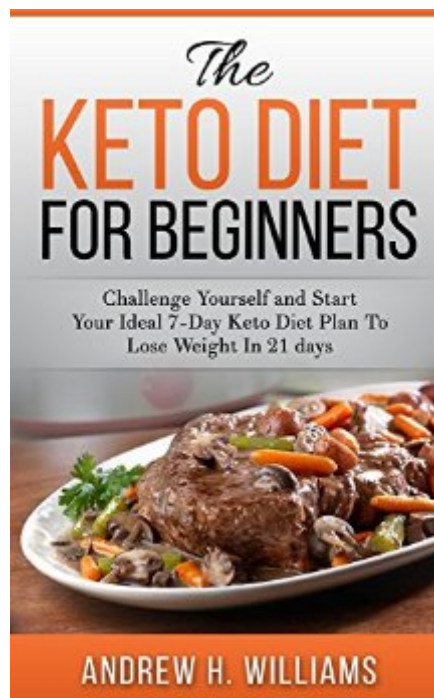


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# Keto: The Keto Diet For Beginners: Challenge Yourself And Start Your Ideal 7-day Keto Diet Plan To Lose Weight In 21 Days



## Synopsis

NOW FREE for Kindle Unlimited Readers Discover How Easy It Is To Drastically Improve Your Health and Your Weight By Following This Ketogenic Diet Change Your Food Now With Ease and You'll Change Your Life For the Better This Book Will Teach You Step-by-Step How to Lose Weight By Following a 21 Days Keto Diet Plan Scroll Down To Learn More About This Book Click the "Buy" button and Start Your Ideal 21-Day Keto Diet Plan Program. If You Don't Have Kindle You Can Still Read This Book On Your Web Browser using Free Cloud Reader Low carbohydrate diets are probably the most popular weight loss diets in the world. Ketogenic diet is a low carbohydrate and high fat diet that is primarily geared towards leading the body in the state of ketosis. Ketogenic diet is becoming more popular because of its numerous benefits that include weight loss and treatment for other health conditions like epilepsy and neurotic disorders. Some athletes are even experimenting on ketogenic diet to improve their endurance. Following the ketogenic diet is an effective way to burn fat and lose weight. This book contains information on how the ketogenic diet works and how it can benefit you. Use the one week menu plan and the recipes as a guide. You can also experiment on your own choice of low carbohydrate ingredients as you learn the basics of the diet. You'll Find The Following Main Benefits in This Keto For Beginners Book: => A List of Keto Foods You Can Eat While You're in the Diet. => A 7-Day Diet Plan, => The Most Benefits of Ketogenic Diet. => Great Keto Recipes For Every Occasion With Nutritional Facts!. => Tips and FAQs. Here Is A Sneak Preview Of What You'll Learn After Downloading The Keto Diet For Beginners Overview of Keto Diet Keto Food List Tips and FAQs Breakfast Recipes Main Dishes Recipes Dessert and Snacks Recipes Much, much more! What Are You Waiting For? Take Action Right Away To Live a Different Lifestyle Download Today This Book, "Keto For Beginners: Challenge Yourself and Start Your Ideal 7-day Keto Diet Plan To Lose Weight in 21 Days", for a limited time discount of only \$2.99! Tags: Keto diet, Keto diet for beginners, Keto diet cookbook, Keto diet recipes, lose weight, Keto diet weight loss, Keto diet books, Keto diet meal plan, Keto diet plan, Keto cookbook, Keto recipes.

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## Customer Reviews

Exhaustive collection of recipes for Keto Diet. Ketogenic diet has been known from very long time to reduce the weight and lot of health related benefits are attributed to it. This book goes into details about different recipes for the Keto Diet and is well illustrated. I'm seeing the health benefit in my own life by following the keto diet. Highly recommended.

I enjoyed reading this very informative book about the Keto diet. I had heard about the diet but had not read anything about it and I found this book to contain just what I needed to know about this type of eating plan. It was easy to follow and understand and covered all the basics that someone beginning the diet would need to know. It also included a menu to help you get a grasp of how it would work in actuality.

I downloaded a Kindle sample and find it frustrating that self published authors don't feel compelled to do some basic spelling, grammar and word choice editing. Why do they not get help if it's not their strength? In one of the first introductions, Williams mentions keto for "neurotic" diseases where he means "neurologic". One of many mistakes I saw in just the sample! I won't be buying this even at a low price. There are so many good publications that I'm not willing to "read around" the missing or incorrect words and other basic writing mistakes. The sample menus also don't appear to be strictly keto. I've done keto for some time following Jeff Volek and others. As a smaller framed woman, I'd never get into ketosis from these menus.

While this read had helpful information, it was difficult for me to take it seriously as it had many grammatical, spelling and punctuation errors, even ingredients missing that were later part of the instructions for recipes. I'm no English major by any means but it's hard to fathom releasing a book with so many errors. It seems careless. Also, since this is for beginners, shouldn't the book explain how to calculate macros? If it did, I simply don't remember. Again, useful information but glad I didn't pay for it.

This book has some good ideas. Like the variety of recipes. However, some serious editing is needed. Some recipes have ingredients listed twice, some have ingredients in the list, but not in the instructions leaving the reader wondering when or how to add it.

Recipes are not completely grain free. Otherwise some good recipes. I have celiac disease so I will have to adjust a few of the recipes

This book is well written and helpful. The author has put extra efforts in writing such a masterpiece. The quality of material of this book is worth more than its price. Easy to understand content for everyone. From me, I will definitely rate this book and the author's efforts a 5-STAR. I highly recommend this book to everyone.

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