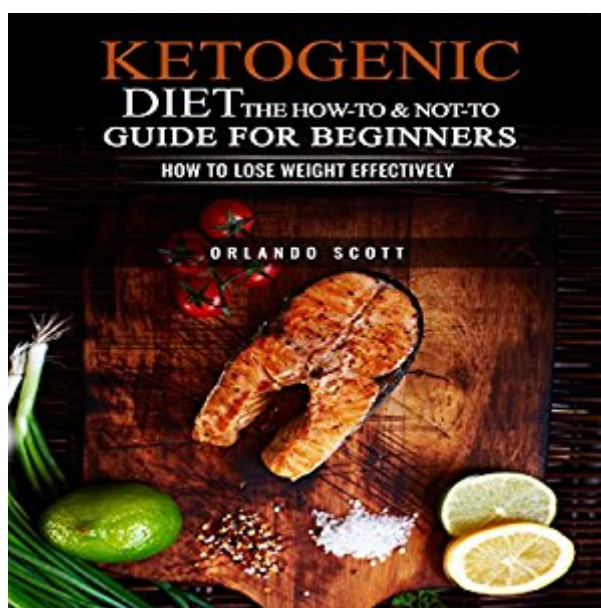


The book was found

Ketogenic Diet: The How To & Not To Guide For Beginners: How To Lose Weight Effectively



Synopsis

Did you know that there are many proven benefits of the ketogenic diet? They include: Drop in blood sugar and insulin levels Weight loss Freedom from food fixation Reduction of appetite Lowering of blood pressure And much, much more! This book contains proven steps and strategies on how to use the low-carb, high-fat ketogenic diet as a weight loss method. It is one of the most effective diets for weight loss available today. It's easy to follow and offers many health benefits, too. This audiobook offers a guide on what to do and what not to do when following a ketogenic diet. It also has guides on how to create diet plans and how to kick-start a workout routine. Here is a preview of what you'll learn: Origins of the ketogenic diet dating back to the 1920s Using the ketogenic diet for weight loss and health What to do with a ketogenic diet for a complete beginner Allowed and not-allowed foods Seven-day easy-to-follow ketogenic meal plan And much, much more!

Book Information

Audible Audio Edition

Listening Length: 1 hour 12 and 12 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Ashley Sun

Audible.com Release Date: August 3, 2016

Language: English

ASIN: B01JJB6U4K

Best Sellers Rank: #79 in Books > Sports & Outdoors > Softball #502 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking #780 in Books > Cookbooks, Food & Wine > Special Diet > Ketogenic

Customer Reviews

I am happy with my purchase of this "Ketogenic Diet: The How To & Not To Guide..." book. This is a good book to learn the basics about the Ketogenic Diet. I wanted to know more about the Ketogenic Diet before investing too much money into a diet that I wouldn't be interested in or able to follow for very long. I really liked the part where they explained how the Ketogenic Diet came about in the first place. That was very interesting and I had no idea that this diet had been around for so long. I also liked the detailed explanation about the various types of Ketogenic Diets. This diet has more variations to choose from than I knew existed. Therefore, you can choose the variation that fits your needs. This book has given me the information I needed to make an informed decision on the

Ketogenic Diet. And now that I know the basics about the Ketogenic Diet, I don't mind investing more of my time and money into finding resources that will give me more detailed Ketogenic Diet plans and recipes.

I purchased this book *The Ketogenic Diet The How To and Not To Guide for Beginners* By Orlando Scott because I am following a Keto group on facebook and although it is a great support group I like to read all I can on the diet for myself and advice on my FB posts. I have it on my kindle which I love to use and this book explains how to use low carbs, high fats, what to do, and what not to do with steps and strategies to get your weight loss on the right track. I am doing great on my weight loss, down 8 lbs my first week! I am very pleased with this book and would recommend it to anyone wanting to do the Ketogenic diet. This is my honest opinion and review of this book.

A thoughtful Google search will reveal more than this book. It is large fonted, includes spelling and grammar errors and provides absolutely no knowledge that can't be found with about 5 minutes of internet time. Very disappointed. Why is this stuff allowed to be sold? On the positive side, it has inspired me to write a book...because apparently anyone can

Ketogenic diet is one of the most popular diets these days. If you want to start keto diet this is the book you should grab first. It is guided more towards beginners and explains everything you need to know before diving straight to recipes. It covers basics, all the benefits that you have no idea that exists, do's and don'ts. One thing that I missed was not that informative recipes in a meal plan section. That's my only complain. Liked FAQ section at the end though.

This is a printed form of an eBook. Everything in the book can be found via a google search for "Ketogenic Diet". At one point the author even referred the readers to the internet for more information. I should have saved my \$12 and stuck to my internet research.

I need to shed a few pounds and a friend of mine has had success with the ketogenic diet. I started the course a few days ago and already feel better- i swear my jeans are more loose! The recipes are great and i don't feel like i'm on a diet. I also notice how much further information the author includes- for example he details the specific steps of how to stay on track and various tips which will help stop you from falling off the bandwagon!

I know ketogenic diet already but I just want to learn more about it. This book has given me insight the ketogenic diet. The biggest benefit of the keto diet is weight loss. The author has explained it very well. The keto recipes are really good. These recipes are rich in taste but easy to prepare. I have tried a few from these recipes and found them really yummy. I think I have got the best book and it will definitely assist me to lose extra fats.

As someone who is not very familiar with this diet I thought it was excellent at explaining what it is all about. There was good detail on what to eat and what not to eat. Not only does this diet help you lose weight, there are many health benefits as well and this book lists them all. There is also a great 7 day meal plan to get you started. I recommend!

[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: 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: 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 Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) 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 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) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Ketogenic Diet: The How To & Not To Guide for beginners: Ketogenic Diet For Beginners: Ketogenic Diet For Weight Loss: The How To & Not To Guide for beginners Ketogenic Diet: Beginners Guide For Rapid Fat Loss And Vitality (Ketogenic Diet For Beginners, Ketogenic Diet Meal Plan, Ketogenic Diet Mistakes, Low Carb Diet) 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) Ketogenic Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Ketogenic recipes, Ketogenic Cookbook for Weight Loss, Ketogenic Cookbook for beginners) Ketogenic Diet :The Step by Step

Guide For Beginners: Ketogenic Diet For Beginners : Ketogenic Diet For Weight Loss : Keto Diet : The Step by Step Guide For Beginners 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) 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) Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diet: The Complete Ketogenic Diet Cookbook For Beginners ã ã Learn The Essentials To Living The Keto Lifestyle ã ã Lose Weight, Regain Energy, and Heal Your Body (Ketogenic Diet For Beginners) Ketogenic Diet: The Essential Ketogenic Diet Cookbook For Beginners ã ã Delicious Ketogenic Recipes To Help You Lose Weight, Regain Confidence, and Heal Your Body (Ketogenic Cleanse) 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 Complete Step-by-Step Guide for Beginners to Lose Weight and Get Healthy (Ketogenic Recipes, Weight Loss, Low Carbs, Step by Step Guide, Ketogenic Cookbook, Keto For Beginners) 365 Days of Ketogenic Diet Recipes: (Ketogenic, Ketogenic Diet, Ketogenic Cookbook, Keto, For Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)