



Ketogenic Diet: Delicious Ketogenic Diet Recipes to Lose Weight and Feel Amazing (Paperback)

By Jennifer H Smith

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Ketogenic Cookbook, Ketogenic Recipes Ketogenic Diet for Beginners Dr. Russell Wilder designed the ketogenic diet in the mid-1920s at the Mayo Clinic. The diet is a combination of a high amount of fat, sufficient protein, and low carbohydrate intake. The main goal of the ketogenic diet is to force your body into a ketosis state, so that your body burns fat as the main source of energy. Effective weight loss, lower cholesterol, lower blood pressure, and increased energy are some of the benefits of this popular diet. Ketogenic Diet: Delicious Ketogenic Diet Recipes to Lose Weight and Feel Amazing will make it easy for you to understand and adopt the ketogenic diet. By reading this book, you will learn: The principles of the ketogenic diet Its health benefits and precautions to take What you should and should not eat while on the diet You will also get: Delicious ketogenic diet recipes for breakfast Ketogenic lunch recipes Ketogenic dinner recipes If you want to lose weight, have more energy, and feel great, this book is perfect for you. Order Ketogenic Diet...

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