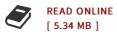




# Ketogenic Diet for Beginners: Lose a Lot of Weight Fast Using Your Body's Natural Processes (Paperback)

By Charlie Mason

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. If you re needing to lose weight, you ve probably heard of the ketogenic diet by now. It s the latest craze in the diet world. So what s the difference? The keto diet is founded upon genuine science and has been used to aid in weight loss since at least the 1980s. The ketogenic diet is based upon taking advantage of your body s natural fat burning processes in order to shed those pounds in no time So if you re looking for the ultimate beginner s guide to keto, this is the book for you. This book goes into a vast amount of detail about how to take advantage of ketosis to lose a lot of weight fast and is chock full of unique tips for doing keto, based on a lot of personal experience. Over the course of this book, you Il cover important details like: What the ketogenic diet is, and why it works A sample shopping list and delicious recipes to get you started What (and what not) to eat when you re trying to do keto...



## Reviews

This book is fantastic. It really is packed with wisdom and knowledge I am pleased to explain how this is the greatest ebook I actually have go through in my personal daily life and can be he greatest ebook for at any time.

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