



# **Ketogenic Diet: Ketogenic diet for beginners including recipes, ketosis for weight loss, what ketosis is, and more!**

*Ben Oliver*

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## **KETOGENIC DIET**

**Grab this GREAT physical book now at a limited time discounted price!**

The Ketogenic diet is a dietary approach that involves eating only a very small amount of carbohydrates, and instead getting most of your energy from high-fat and protein rich foods.

This style of eating forces your body to enter a state known as 'ketosis' where you burn energy differently. This typically causes amazing fat loss results, as well as an increase in energy!

This book will explain to you everything you need to know about the ketogenic diet, ketosis, and how to safely try this diet out for yourself!

The SAD (Standard American Diet) is full of processed and unnecessary carbohydrates that we are simply not designed to consume. The Ketogenic diet is much better suited to our bodies, and almost everyone who tries it experiences a boost in energy, mental clarity, and the elimination of that stubborn belly fat!

Included in this book is a range of delicious Ketogenic recipes for you to try out, that will make it feel like you're not on a diet at all!

### **Here Is What's Included...**

- What Is The Ketogenic Diet?
- Is Ketosis Safe?
- The Benefits Of A Ketogenic Diet
- How To Maintain A Ketogenic State
- Delicious Ketogenic Recipes
- Much, Much More!

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