



The Complete Ketogenic Diet for Beginners: Your Essential Guide to Living the Keto Lifestyle

Amy Ramos, Rockridge Press

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Lose weight and keep it off with the straightforward guidance and simple recipes in *The Complete Ketogenic Diet for Beginners*?your all-in-one resource for starting?and sticking to?the ketogenic diet.

Eat healthier, lose weight, trim your waistline?it sounds so simple. And yet, the CDC reports that more than one third of Americans face significant weight loss challenges?with nearly 1 in 20 suffering from type 2 diabetes?and have yet to find a solution that works.

When on the ketogenic diet, you're simply using your body's own *natural* response to certain foods in order to burn unwanted fat and shed weight. Endorsed by the Mayo Clinic and others in the medical community, the ketogenic diet has been proven as a healthy, effective way of achieving weight loss, as it consists of low-carb, high fat foods that prompt the body to burn fat for energy instead of glucose.

The Complete Ketogenic Diet for Beginners is the most simple, easy-to-use guide for beginning the ketogenic diet and starting on the road to success.

- 75 easy to follow, no-fuss recipes for every meal?including several “fat bombs,” a ketogenic diet favorite!
- Uncomplicated guidance into the fundamentals of the ketogenic diet, advice for living the keto-lifestyle, and a complete two-week meal plan.
- Easy-prep recipes using five main ingredients or less?this diet requires no costly or specialty foods.
- A handy “keto-quotient” aligned to each recipe empowers you to make confident decisions about what to eat every day.

With *The Complete Ketogenic Diet for Beginners* you can enjoy your favorite foods, instead of avoiding them. Indulge in Peanut Butter Cup Smoothies, Bacon Artichoke Omelets, Cheesy Mashed Cauliflower, Chicken-Bacon Burgers, Garlic Braised Short Ribs, Raspberry Cheesecake, and so much more.

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Matthew Fry:

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