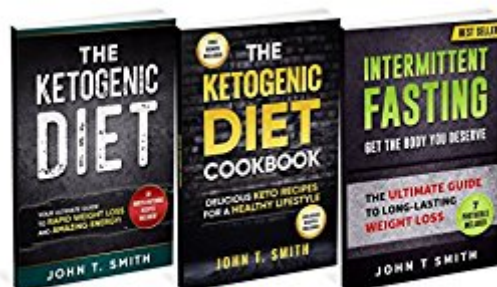


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Ketogenic Diet With Intermittent Fasting For Rapid Weight Loss: Bundle: 3 Books In 1: 100+ Delicious Low-Carb Recipes For Amazing Energy (Intermittent Fasting Bundle, Atkins Diet)



Synopsis

Have you ever felt that you are not blessed with the best fat burning genetics? Food seems to go straight to the belly, thighs, and bum? Have you tried every diet plan known to Mankind and still got no results? If that is the case with you, then Ketogenic Diet with Intermittent Fasting is for you! There's a reason why intermittent fasting is one of the most popular eating plans in the world today: It works! More specifically, it helps people not just lose the right kind of weight (which you'll learn about in the book) but also become and stay healthy. While it's not a magic pill to make all your flab and sicknesses go away, it can help you achieve your ideal weight and significantly reduce your risks of certain major health conditions. In this book, I'll show you what intermittent fasting really is, why you should incorporate it into your lifestyle, how it can help you get and stay lean and healthy, the different ways of fasting intermittently (protocols) and how to live the intermittent fasting lifestyle with a list of things you should and shouldn't do. By the time you finish reading this book, you'll be in a great position to start incorporating intermittent fasting into your lifestyle and be on your way to becoming lean and healthier. This book contains proven steps and strategies on how to embark on a dietary journey that is guaranteed to revolutionize your health. In here you will discover actionable and practical information on how to lose fat and improve energy levels. If you have been on other types of diets before and have struggled to shed those pounds or even boost your energy levels, the Ketogenic diet will help you immensely. So what is a Ketogenic diet? It is simply a diet where a person consumes foods that provide them with more fat, and very few carbs and proteins. In a Ketogenic diet, you get up to 90% of your calories in form of fats, with the rest being split between the other two macronutrients. The Ketogenic diet is aimed at causing a shift in the body's utilization away from glucose to fats. In other words, you are causing your body to burn fats rather than what it is normally used to burn sugars. During this process, your liver produces substances known as ketone bodies. The recipes that have been provided in this book are ketogenic diet friendly. These recipes are not only easy to cook but taste wonderful too. All that you will need to do is get the necessary ingredients and keep them on hand. If you plan ahead and pre-decide your meals, following the keto diet won't be difficult. It would be quite simple. You will need to stay strong and resist temptation. Be patient and you will definitely notice positive results in no time. "Health is the Ultimate Wealth" Any investment made towards bettering your health conditions is going to pay off so much more in return, so don't hold back. This will be the best investment for you've ever made, that's my guarantee. Now, If you're ready, order the book now and let's begin! *Note: You don't need a Kindle device to read the book, you can read it on your and web browser as

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Book Information

File Size: 2496 KB

Print Length: 195 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 11, 2017

Language: English

ASIN: B074R9WKV5

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #49,925 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #37

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Customer Reviews

It is a very well written book. As a newbie to the Ketogenic lifestyle this was very helpful. I have done a lot of reading on the subject and this is a great comprehensive list of what to look out for not to mention the recipes included in this book are so practical and easy to prepare. This book gets the information across to the reader in a practical way that can actually be applied to real life.

A well balanced book,although I disagree with health impacts.A lot of important information about Ketogenic Diet gathered in this book.I was actually impressed by how much useful information is squeezed in such a short book.By reading this book I learned some effective diet recipes.Such an excellent book.Highly recommended.

This book contains demonstrated strides and procedures on the most proficient method to set out on a dietary voyage that is ensured to reform your well being. In here i have found noteworthy and pragmatic data on the most proficient method to lose fat and enhance vitality levels.In the event that

i have been on different sorts of weight control plans earlier and have attempted to shed those pounds or even lift your vitality levels, the Ketogenic eating regimen will help you monstrously.

I found this book to be very well written and informative. It's easy to read without weighing you down with a bunch of unnecessary scientific explanations. I like the concise 'this is what you need to know' manner of writing. Very good! I was extremely surprised to find out how young the author is in comparison to his knowledge! Loved the details the author gave and I feel extremely motivated now!

What a nice ketogenic diet guidebook that provides actionable and practical information to improve our energy level. I like the brief history which this book shared. I also learn here the mistakes that I should avoid when fasting. Easy to read and understand.

I was looking for a birthday present for my sister which useful and unique gift. Then i found this nook, she's fond of reading anything (like dietary or any recipe book) i know, surely she'll love it! A well-written, that's also contains proven steps and strategies on how to embark on a dietary journey and guaranteed it will revolutionize our health, lose fat and also will improve our energy levels. A diet friendly with wonderful tasty recipes! Good self-help bundle set!

This book provides easy to understand nuggets of wisdom in a clean, straight forward way. By focusing on the positive health benefits of intermittent fasting, you understand how to set realistic expectations and challenge yourself in an incremental and affirming way. So far, this is the best bundle book I've read. I would definitely recommend this book!

Great and awesome book about ketogenic diet. I am so glad that I found this book because I know it would help me a lot specially in losing weight. So perfect guide and is recommended.

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