



Ketogenic Diet for Beginners: Ketogenic Diet Cookbook for a Healthy Lifestyle for Quick Weight Loss

Martha Stephenson

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Ketogenic diet helps your body to achieve nutritional ketosis. Your body will rely on ketones and fat instead of sugar for its energy. Ketones are produced in the body with the breakdown of fat. Ketosis is a stage when your body burns fat as a primary source of energy. While following this diet, you should reduce the intake of dietary carbohydrate. Ordinary juices have a higher amount of carbohydrates, but keto juices are good for your diet. These are healthy and good for your weight loss plan. Your body can easily run on different types of fuels, sugar, fat and amino acids. If your body burn fat or floating fatty acids commonly known as ketones and your body is in the state of dietary ketosis.

This book is designed for your assistance and you can get the advantage of weight loss. This diet is good for your health and with the help of this ketogenic diet cookbook, you can easily prepare your meals. This book offers:

- Overview and Basics of Ketogenic Diet Weight Loss
- Ketogenic Smoothies and Juices to Reduce Weight
- Healthy Soup Recipes for Weight Loss
- Yummy and Spicy Food to Reduce Weight
- Low-carb Ketogenic Desserts

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