



**Ketogenic Diet :Ketogenic Diet for Rapid Fat Loss and Weight Loss: Everything You Need to Start a Ketogenic Diet Now, Including 50+ Fat Burning ... Diet Mistakes,ketosis diet,keto) (Volume 1)**

*Janie Sanders*

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## **The Ultimate Guide to Starting a Ketogenic Diet**

# **Are You Ready to Lose Weight, Feel Great, and Get Your Body Back?**

If you have ever tried to diet, but ended up gaining all the weight back, this book is for you. The reason most diet and exercise plans don't work is that they require you to fight your body, instead of working with your body. Author Janie Sanders shows you how to eat delicious foods while eating foods that help control your cravings, boost your energy, and help your body lose weight.

This book will not only teach you how and why a ketogenic diet works, it also gives you step-by-step directions so you can't fail. This book even comes with more than **50 different recipes** and an **8-week meal plan**.

Inside this guide you will discover:

- Why most diets fail
- What a ketogenic diet is
- The difference between a ketogenic diet and a paleo diet
- Why a ketogenic diet works with your body
- How to avoid common mistakes
- The best foods to eat
- The foods you need to stay away from
- 8-Week meal plan
- Over 50 ketogenic diet recipes with flavor variations

You don't have to suffer to lose weight. You can avoid the late afternoon slump and the crazy cravings. All you need to do is read this book and follow the principles. If you follow the principles of this book not only will you lose weight, but you will also have more energy, and be happier.

What are you waiting for? The sooner you get *A Beginner's Guide to the Ketogenic Diet*, the sooner you can start enjoying the way your body looks again. This won't just change the way you eat, it will change your life.

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**Andrew Blanton:**

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**William Henslee:**

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