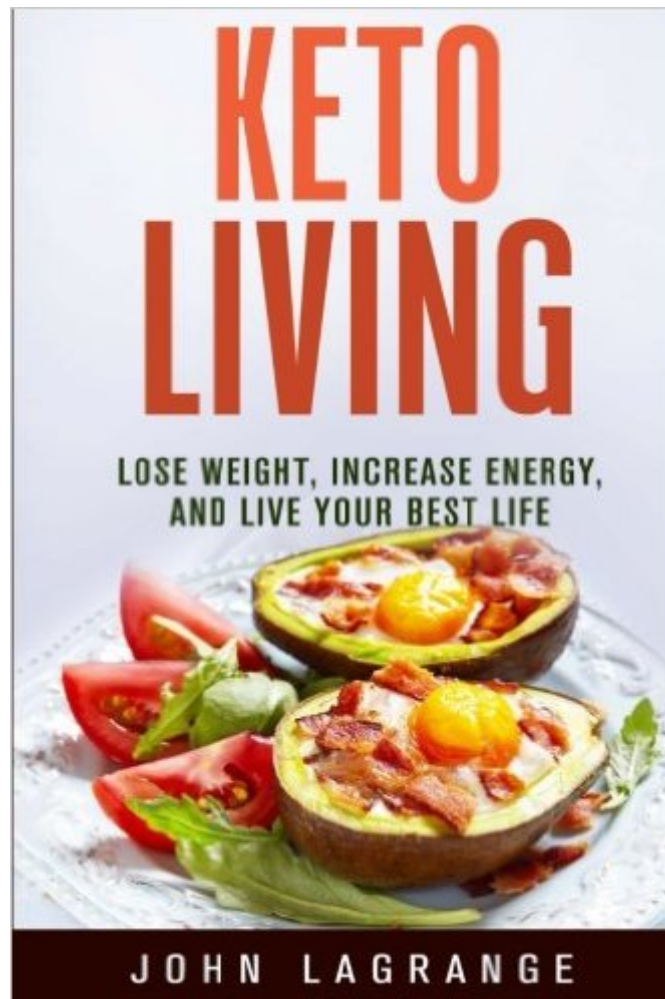


The book was found

Keto Living: Lose Weight, Increase Energy, And Live Your Best Life



Synopsis

Are you ready to live your best life? Are you ready to eat great food, feel energized, and gain focus? Then you are ready for Keto! This is not a diet it is a lifestyle to optimize your body and mind. In this e-book we will guide you into ketosis and beyond. We will tell you what to eat and what to avoid How many carbs to eat daily to stay in Ketosis A keto approved food list 10 Keto recipes Recipes that will make you forget about carbs Tips and tricks to keep you on track for life Start today and optimize your life with Keto!

Book Information

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Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (17 customer reviews)

Best Sellers Rank: #604,480 in Books (See Top 100 in Books) #136 inÂ Books > Cookbooks, Food & Wine > Special Diet > High Protein

Customer Reviews

WOW! I am new to Keto & within a week on instagram I could tell this was the book to buy. And I was soooo happy when it arrived, the pictures are gorgeous! The recipes are teaching me so much so fast! So much easier than digging up info on the internet. I am one excited girl! I have 6 kids and I see lots of these recipes on our family table. I used to hate cooking but this book has gotten me really excited about cooking! & I love how I can make up batches & keep it in my fridge for on the go days.

I like the truth in the author's statement that no matter how good we look, we'll always want to look better. The Ketogenic diet goes a long way into helping you lose weight while at the same time it helps your body develop to be stronger. In this book the author focuses on things that will help and things that will harm your cause. The end goal is simple and it is the same for everyone, to lose weight and keep it off; this book is your ticket to that.

Just like it is written in the cover page "Lose Weight, Increase Energy, and Live your Best Life", this book certainly contains amazing tips that will help loose weight, stay far from high Carbs and above all, live a healthy life. The book is remarkable and I will recommend for all who is struggling with Fat and those who just love the healthy life.

The ketogenic diet is so much helpful in losing weight. This book is an informative one about the Ketogenic diet. I recommend this comprehensive and complete book to all who want to adopt Ketogenic diet system.

Health is wealth. So, to maintain a good health one should eat nutritious food. From this book I gather a huge knowledge about how to make healthy food. In this book it is clearly said how to make and what time it needed. This book contains what is keto diet, how to start it etc. Keto diet is the process your body uses to burn fat instead of sugar. Most of the people don't know where to start. It is clearly mentioned in this book. What foods do not take it is also mentioned. It prescribes some breakfast, lunch and dinner recipes. So I think this is a perfect book on keto.

Really great keto book. I started keto with in week. I used to hate cooking but this book has gotten me really excited about cooking! & I love how I can make up batches & keep it in my fridge for on the go days. This book is really interesting. I recommend for this book.

Keto living is a lifestyle that describes how we live an attractive life. This is a short but really helpful book, that contains easy tips and tricks to maintain your health and body. There are given tips and tricks which really good. I am very happy that I selected this book. Love this book and now this book is a part of my kitchen.

This 28 page "book" gives no valuable information about the ketogenic way of life. I do not recommend this book at all. Spend a couple dollars more and get something else. Anything by Emmerich is amazing! Or check out Leanne Vogel online.

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