



Ketogenic

Breif

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Introduction



The Idea

I had a personal experience with a long journey in weight loss, which made me think of building a platform to support obesity fighters and encourage them to follow a healthy diet through the keto diet. They will learn everything related to this health system, starting with how it works, what are the nutritional habits followed in it, what foods are allowed, and what are unallowed foods. Users can create personal accounts on the site, through which they can share their healthy and delicious recipes so that each recipe falls under a specific category, and each recipe will be published will mention the most important nutrition facts it contains such as protein, fats and carbohydrates, in addition to the number of calories. Will publish success stories of people who reached their goals and with their photos before and after. They can also learn the great benefit that comes when a combination of the ketogenic diet and intermittent fasting is done through articles that will explain to them the number of fasting hours for beginners and those with prior experience.