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Stephanie Laska lost 140 pounds, roughly half of her body weight, by following a ketogenic inspired diet. She figured out the secret to losing weight without the crazy restrictions of a traditional keto diet by following a "dirty" and "lazy" version of keto. Stephanie spent most of her adult life in the Morbidly Obese Class III BMI category. Hovering close to 300 pounds, she avoided booths at restaurants and feared not fitting into amusement park rides. I once hid my jacket over my lap so the flight attendant wouldn't see that my seatbelt wouldn't close, she admits. It wasn't until a friend suggested she could continue to drink beer while still losing weight that Stephanie decided to try one last time. Any diet that included loopholes for having a cold beer might be worth a try, she reflected. Through trial and error, Stephanie learned how eating a low carb, moderate protein, higher fat diet could finally nudge her weight in the right direction. This is the weirdest diet ever! went through her mind every time she got on the scale. Coming from an era of eating FruitLoops washed down with a pitcher of Kool-Aid, Stephanie was clueless about the metabolic effects of consuming too many carbohydrates. DIRTY, LAZY, KETO explains the unique diet Stephanie followed to achieve her success. Using humor and simple explanations, Stephanie walks the reader through her personal manifesto for weight loss and maintenance, with helpful strategies and food lists to immediately employ. Stephanie has kept her weight off for five years. She left behind a giant dent on the couch to run twelve marathons, two of which earned her a first-place marathon medal. As part of the chosen "Clean Start Team", Stephanie even ran the New York City Marathon in 2017 as a sponsored athlete from PowerBar. Her story even appeared in the international publication, Muscle and Fitness: HERS, Spring 2018. Stephanie's hope is that the reader will leave inspired and armed with enough information to get started on their own journey of personalized weight loss success. Let's discuss the goals of this down and dirty mini-guide. By the end, the reader will be able to:

- *Partner with your physician to set realistic goals based on your current health
- *Understand the difference between a DIRTY, LAZY, KETO diet and a Ketogenic Diet
- *Accurately read a nutrition label and count the net carbs per serving
- *Confidently shop for ingredients that you need to be successful
- *Stock your fridge and pantry with appropriate foods for cooking and snacking
- *Prepare quick and easy meals, drinks, snacks, and desserts that are on plan
- *Strategize ways to prevent dehydration
- *Recognize and stop efforts at self-sabotage
- *Have a long-term plan for healthy, sustainable weight loss

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