



## Diet: The Ketogenic Diet Beginner's Bible: Ketogenic - Low Carb - Weight Loss - Fat Loss (Paperback)

By Darrell White

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. Burning Fat & Never Being Hungry IS Achievable! \*\* Upgraded 2nd Edition \*\* Lose A Pound A Day - 50+ Amazing Recipes including breakfast, lunch dinner, dessert, snacks & smoothies! - UPGRADED DELUXE EDITION It's time to ditch the diet plans that promise everything and deliver very little. The Ketogenic Diet Beginner's Bible delivers you simple, delicious Ketogenic recipes that deliver the results you've only ever dreamed possible. whilst never being hungry. It's affordable - it's easy to follow - AND it delivers fat burning results while never being hungry. We don't do this through starvation of calories, but through starvation of carbohydrates. A keto diet produces ketones in the liver to be used as energy. When you eat something high in carbs, your body will produce glucose and insulin. By lowering carb intake, the body is induced into ketosis, which forces your body into a metabolic state. With the K-Bible you'll learn: \* The Ketogenic Diet Explained - Ketones, Glucose & Insulin \* How You Can Lose a Pound a Day \* Simplified Shopping for the Ketogenic Diet \* The Complete Ketogenic Diet Cookbook \*...



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