



# **Ketogenic Diet for Beginners: That You Can Prep In 15 Minutes Or Less (Ketogenic diet recipes Special Diet Cookbooks)**

*Emily Simmons*

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## **Ketogenic Diet for Beginners-Quick & Easy Cookbook that Make in no Time!**

**is the book especially written keeping in mind the new followers of this diet plan.**

**If you have been thinking about changing your lifestyle for long, Ketogenic diet is the first right step you can take.**

There are many myths about this concept which the author has tried to clear in the first section of this book.

The first part deals with complete details about the intake of specific nutrients which should be taken in Ketogenic diet.

Keto focuses on consuming more fat and less carbohydrates. But,

this does not mean that keto is meant to harm your weight loss regime. In fact,

it focuses on making the body adapt to mobilize fats to provide energy rather than using

carbohydrates. But, this takes a few days for your body to become habitual to adapt to a completely new diet.

Thus, you can eat as much fat as you want without feeling guilty but the amount of carbs should be restricted.

The cuisines mentioned in this book do not make you fat. But, the cheese and meat are used to cut down the fat you already have.

Sounds strange...isn't' it? Open the book and you will get to know how it can happen. You will thank yourself for making the right choice.

Do not forget to read the section 1 before jumping to recipes.

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