



**Ketogenic Diet: 7 Day Low Carb Ketogenic Diet Meal Plan To Getting Lean And Burn Fat-Learn The Right Way To Lose Fat Fast With A Non Carb Keto Diet ... Cookbook, Ketogenic Diet For Weight Loss)**

*Maggie Bradley*

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## **7 Day Low Carb Ketogenic Diet Meal Plan To Getting Lean And Burn Fat**

**Do you want to eat real food (as much as you like) and improve your health and weight? It may sound too good to be true, but now, modern science backs it up with proof that it works.**

Though a lot of people are going on different kinds of diets primarily to lose weight, the biggest fraction of diet-believers remain to be those who just want to stay fit and live a healthier, more active life. Whatever your motivation is for eating right, this book will be right behind you, cheering for you! Much like the fact that there are various reasons behind a person's desire to eat and live healthier, there are also many diets you can pursue to achieve your dream body. One of the most effective and controversial of these is the Ketogenic Diet. The objective of this book is not to convince you to take the Keto diet but to present to you what the Keto diet is, how it works, what to expect once you carry it out, and how to make sure it will work for you. This e-book will also show you the guidelines to follow, myths to bust, and the science to believe when it comes to this low-carbohydrate diet. In addition to those, you will also get a basic, very simple one-week meal plan to start things up and make your transition to low-carb living as smooth as possible.

## **Here Is A Preview Of What You'll Learn...**

- Ketogenic Diet and the Simple Science Behind It
- The History of Ketogenic Diet
- The Benefits of Going on a Ketogenic Diet
- Ketogenic Diet and Its Possible Side Effects
- How to Make Your Transition to Ketogenic Diet Go as Smoothly as Possible
- Ketogenic Diet Myths to Bust
- Ketogenic Diet - What will You Eat?
- One-Week Keto Diet Meal Plan
- Much, much more!

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