



Understanding Keto: How You Can Get Started on the Ketogenic Diet so that you can Lose Fat, Increase Mental Clarity and Eliminate Hunger and Cravings...

Mrs Jennifer Matthews

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Whether you are new to the Ketogenic Lifestyle or an Avid supporter of Low Carb/Keto, this book may just be for you. In "Understanding Keto", I will cover the following: 1) Keto Basics - What Keto is, The Difference between Low Carb and Keto, Benefits of a Keto Diet, Keto Flu PLUS Testing. 2) Keto Myths Dispelled - Here I cover the 11 most common myths associated with Low Carb or Ketogenic Dieting. 3) Getting Started on the Ketogenic Diet - Here I cover 4 different ways you can approach your plan and the benefits of doing each. 4) Recommended Foods for Optimal Fat Loss - In this section, the optimal fats, proteins and carbohydrates will be listed. 5) Further Questions about the Ketogenic Diet - 4 of the most common Keto questions answered including whether fruits are allowed, how important the quality of the food is, whether you have to stay on the keto plan forever and whether the keto diet is OK for kids too. 6) Introduction to Keto Blocks - Here I will go into 10 reasons why you may be struggling to lose weight on the Ketogenic Diet. Make sure you don't fall into any of these, and if you are still struggling, keep an eye out for my next book - "Keto Blocks" which will go into these in greater detail PLUS cover even more reasons... 7) 5 Fantastic Keto Recipes that I use every week to keep my family keto. PLUS a great opportunity to receive new recipes as they come up, absolutely FREE (as a thank you for purchasing my ebook). 8) Conclusion by Naturopath Jen - In this final section I will give you all my contact details.

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