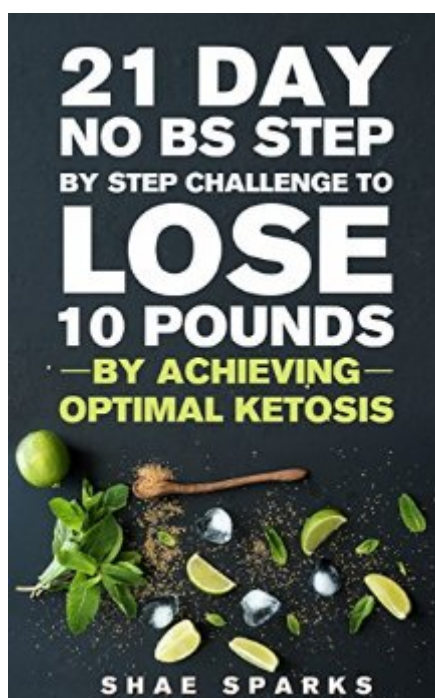


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# **Ketosis: Keto: Ketogenic Diet: 21 Day NO BS Step By Step Challenge To Lose 10 Pounds: Achieve Optimal Ketosis (diabetes, Diabetes Diet, Paleo, Paleo Diet, Low Carb, Low Carb Diet, Weight Loss)**



## Synopsis

Shed 10 Pounds by Achieving Optimal Ketosis in Just 21 Days Ketosis is a state in which the body has a high-fat burning rate. Even your brain operates on fat when glucose is not available. These energy molecules in your blood, similar to blood sugar, become the fuel for your brain after it's converted from your fat cells by the liver. To encourage your body to produce ketones, the level of insulin in your blood has to be low. This book contains proven steps and strategies on how to lose the extra weight you've been struggling to lose within the next twenty-one days. For the first few weeks, losing weight seems relatively easy with any diet, but that's because you're losing lean muscle mass and water weight. When it comes to burning off those stubborn fat cells, well, it's not as easy. That's where ketosis plays a role. ARE YOU READY TO DROP FAT BOMBS?? Ketosis is one of the fastest, optimal ways to lose weight. In this book, you're going to learn what's safe, moderately safe, and not safe to eat on this diet, as well as a twenty-one-day guide for what to consume for breakfast, lunch, and dinner.

## Book Information

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## Customer Reviews

I will agree that this guide is a no-BS type of guide because it cuts right to the chase presenting breakfast, lunch and dinner recipes everyday for the next 21 days. Introduction is short but adequate too. Pretty easy to be convinced. However, I find it hard to adapt as some of the ingredients for these recipes I don't have so it can easily ruin the pacing and force me to eat something else unless I plan in advance. There should be a section that tells me what ingredients to buy for the week. Otherwise I'd be skipping a meal and eating something I shouldn't eat. At least there is a list of foods I shouldn't eat but still... would be a great book if I had a little bit more freedom.

What I appreciate most about this Ketogenic Diet book is that I am able to understand well what Ketosis is. I have been hearing it, since I have been following the Ketogenic diet for some time now, but I don't really understand it that much. Another thing is that it has provided recipes that are fitted for the 21-day goal of losing weight, 10 pounds to be exact. This book has shared some safe, moderately safe, and not safe food to eat while on this diet and this makes it more a great grab.

This contains a whole lot of ketogenic slow cooker recipes which you will surely love. With this, you'll be able to shed off those extra pounds without the need to be conscious of what you eat. So for that, I highly recommend this.

This is a very in depth book, which describes in great detail the process by which the ketogenic diet occurs and how this impacts different individuals. Plenty of references if you dig deeper into the subject. Although I thought it was expensive when I first bought it, I was pleasantly surprised when I began to read it. It was definitely worth every penny.

I can use all the help I can get in my quest to reduce my health risks. Ketogenic is for me, and I feel so much better for it. I received this book free from for my Kindle. I learned much and thank the generous author for providing the work at no charge.

What struck me to have this book is knowing that ketosis is consist of food which are high-fat burning. I hope this 10 pounds challenge is really effective for me, but well having a fact that discipline plays a big role on losing weight. The book is really good and written in a detailed manner. Hope to got the tips effective as the days will run and will give again a positive feedback.

Of all the diets I have tried in the past I believe ketosis to be by far the most successful. This book is a great companion for anyone looking for experiment with the diet and enjoy delicious recipes without feeling like youâ™re on a diet.

Diet management has becoming one of my thing. Sherry here have caught my attention to be interested on her Ketosis book which I am appreciating a lot already. Such a good reference for a new style of dieting.

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