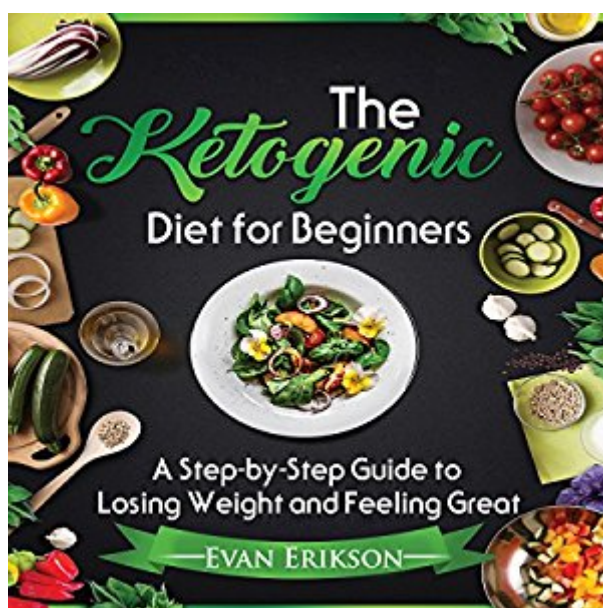


The book was found

The Ketogenic Diet For Beginners: A Step-by-Step Guide To Losing Weight And Feeling Great



Synopsis

For the best diet to rapidly burn fat using the body's natural metabolism, consider a ketogenic diet plan. Nutrition has the strongest effect on the body's production of important hormones, which regulate metabolism, and allow the body to burn fat for energy and retain muscle mass, with little need for excessive exercise. So, what foods are encouraged? Some of the best-tasting, most fulfilling foods are part of this plan, including lean meats like beef and chicken, healthy sources of protein and high-quality fats like eggs, butter, olive oil, coconut oil, and avocado. Also, delicious leafy-green vegetables like kale, chard, and spinach, as well as cruciferous vegetables like broccoli, cabbage, and cauliflower. These foods can be combined with seeds, nuts, sprouts, and a wide range of other amazing foods, that lead to incredible health benefits that give your body the protein, healthy fats, and nutrients it needs, while providing metabolism-boosting meals for easing cooking at home or on-the-go.

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