



# **Ketogenic Diet Box Set: The 7-Day Diet Plan With a Few Recipes to Try (Weight Loss & Low Carb)**

*Tamara Blair, Bessie Alvarez*

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## **Ketogenic Diet Box Set**

### **The 7-Day Ketogenic Diet Plan: Burn More Fat, Lose Weight, and Be Fit**

Do you wish to remove those belly bags and get to wear the clothes that you want and you just don't know why?

Have you tried a lot of dieting programs in the past years, and still nothing seems to work?

Maybe you would like to give "Ketogenic Diet" a try. This has worked to a lot of people and this may work for you too if you do it correctly. This low-carb diet has made a great number of people slimmer, healthier and looking great. By simply avoiding carbs and eating moderate protein and liberal amounts of fat, you can achieve the body weight that you desire and even get hold of a lot of health benefits.

#### **In this book, you will learn:**

- What Ketogenic Diet is All About
- What is "Ketosis" and Why This is Important
- How to Lose Weight and Burn Body Fats
- The Perks and Possible Side Effects of Going Into the Ketogenic Diet
- How to Safely Shift To the Ketogenic Diet
- How to Portion Food According to the Ketogenic Macronutrient Scale
- What Foods are Allowed and Not Allowed
- How to Save Money and Get the Best Value When Shopping for Food
- Sample Ketogenic Menus; Breakfast, Lunch, Dinner, Snacks

If you are still wondering how this diet could save you from those unwanted fats, simply download the book NOW and experience the wonderful benefits as early as possible!

# **Ketogenic Pressure Cooker Recipes: Scrumptious, Fat-Burning Recipes to Help You Lose Weight**

The general impression that most of us get when we hear someone talking about their ketogenic diet is that they might be suffering from epilepsy or other difficult medical conditions. While it is perfectly true that for almost a century the ketogenic diet has been associated with this neurological disorder, more recent studies have proven that the same diet plan can also be used to treat severe cases of obesity and other weight-related conditions.

The problem is that not enough overweight persons know how much they would benefit from such a diet. Furthermore, various misconceptions about its rules and restrictions circulate in the whole media. But Ketogenic Pressure Cooker Recipes: Scrumptious, Fat-Burning Recipes to Help You Lose Weight is here to clarify the most important aspects. Moreover, this book will also come with an innovation which will definitely revolutionize your regular interpretation of a weight loss diet: the pressure cooking technique.

Yes, we know that the pressure cooker is already a very popular kitchen tool. But having diet-based recipes that can be easily prepared through this technique is not that common. By using these recipes, not only that you will be able to respect the rules of a ketogenic diet, but you will also be sure that your body will benefit from the entire nutritional value of each and every ingredient used.

With a very concise and easy to follow structure, this book will present everything that any beginner needs to know about a ketogenic lifestyle on the one hand and pressure cooking on the other.

## **Here is a preview of what you will learn from this book:**

- How a ketogenic diet can help you lose weight
- If and how this diet will be useful to you
- Possible side effects that you need to be aware of
- The basics of pressure cooking
- Instructions and indications to prepare delicious recipes for your entire family

Download this book and get initiated in this new and helpful method of losing weight in a healthy, safe and simple way.

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#### **Carol Hughes:**

People live in this new morning of lifestyle always make an effort to and must have the spare time or they will get large amount of stress from both day to day life and work. So , once we ask do people have extra time, we will say absolutely sure. People is human not really a huge robot. Then we consult again, what kind of activity do you have when the spare time coming to an individual of course your answer will unlimited right. Then do you ever try this one, reading guides. It can be your alternative with spending your spare time, often the book you have read is Ketogenic Diet Box Set: The 7-Day Diet Plan With a Few Recipes to Try (Weight Loss & Low Carb).

#### **Lisa Auyeung:**

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#### **Russell Belcher:**

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#### **Matthew Hansen:**

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