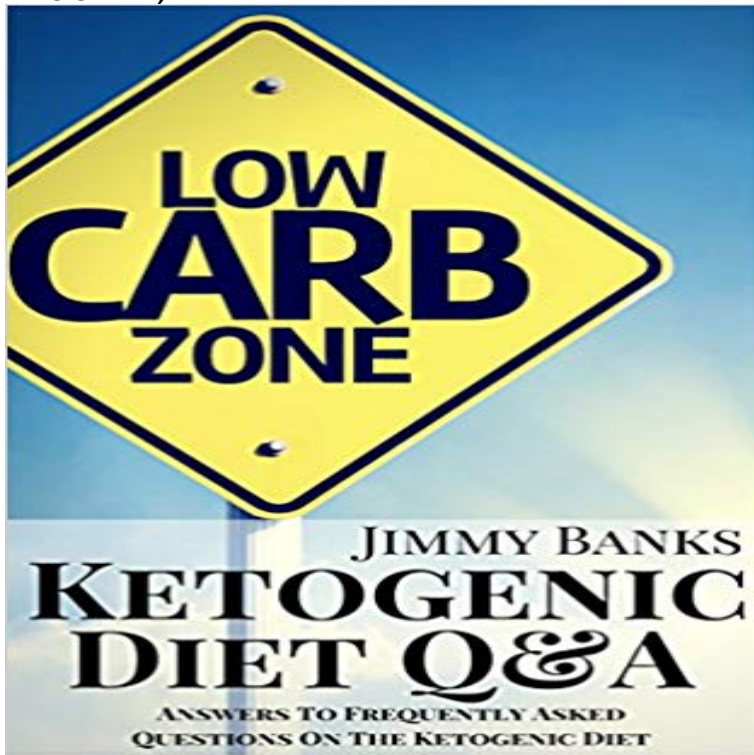


Ketogenic Diet Q&A: Answers To Frequently Asked Questions On The Ketogenic Diet, Effective And Fast Weight Loss With A Low Carbohydrate Meal Plan (Ketogenic ... Lose Carb With Keto Hybrid Diet Book 1)



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1. 101 Tips That Burn Belly Fat Daily! (\$17 Value) 2. The 7 (Quick & Easy) Cooking Tricks To Banish Your Boring Diet. (\$7 Value) 3. Bonus excerpt at the end of the book. Learn What Is Ketogenic Diet And Lose Weight Fast! Today only, get this Amazon eBook for \$2.99 \$9.99! Read on your PC, Mac, smartphone, tablet or Kindle device. This book contains the answers to all of the most common questions people have on the ketogenic diet. Nowadays, the ketogenic diet is among the popular fat loss choices. People interested in low carb dieting definitely need to explore ketosis state. It is not only popular amid people who fight obesity, but also for those who are trying to maintain proper blood sugar levels. This book provides clear information on the ketogenic diet through a simple questions and answers format, which will help you in determining if this diet is the best for you and how to go about it. Here Is A Preview Of What Youll Learn:1. How can people get into Ketosis?2. What are the advantages of Ketosis?3. What are the disadvantages of Ketosis?4. How could you drop weight through eating fat?5. How much carbs should a person eat? How much is low?6. How long it takes for an average healthy person to enter the Ketosis state?7. Is Ketosis safe? What are the possible dangers of Ketosis, if any?8. What foods can be freely eaten under the Ketogenic diet?9. What foods can be occasionally eaten under the Ketogenic diet?10. What foods should be completely avoided in the Ketogenic diet?11. What can be an impeccable example of a Ketogenic Diet menu?12. What are the supplements to consider and use with the Ketogenic diet?13. How could you determine that you are in Ketosis or not?14. What is the difference between the Ketogenic diet and Atkins diet?FREE BONUS At The End Of The BookAnd

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