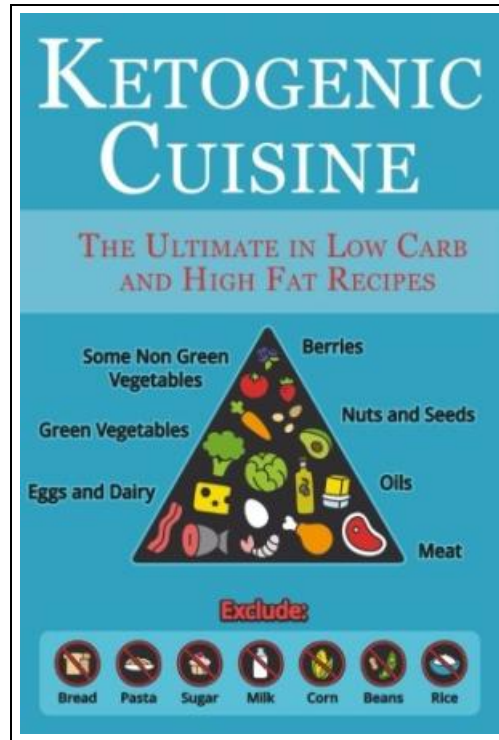


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## KETOGENIC CUISINE: THE ULTIMATE IN LOW CARB AND HIGH FAT RECIPES (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Ketogenic Cuisine offers of unique and delicious recipes to support your diet. The ketogenic diet, or keto for short, described as Atkins on steroids for its focus on foods high in fat and protein and low in carbohydrates, is growing in popularity. It simply is one of the best ways to lose weight without feeling hungry and it increases energy levels. Celebrities including Kim Kardashian and Adriana Lima and athletes from LeBron James to Tim Tebow have all reportedly followed some form of low carb diets. The ketogenic, keto for short, diet was developed in the 1920s after it was noticed that after fasting, epileptics would experience a marked reduction in their seizures. The diet is designed to get your body into a state called ketosis where your body is so low on carbohydrates it starts burning fat for fuel. Ketosis is also what the body does when fasting. Keto dieters drastically cut carbohydrates to about 10 percent of their daily diet, which in some cases can be just 20 grams of carbohydrates per day. That amount of carbohydrates is equivalent to one slice of white bread per day. The key to being successful on the keto diet is getting about 20 percent of your calories from protein and eating lots of fat. For some keto followers, the amount of fat could equal more than 70 percent of their diet. Grab your copy of Ketogenic Cuisine today!.



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