



# **Ketogenic Diet Plan Box Set: Supreme Guide for Becoming Fit Following a Simple Ketogenic Diet With Healthy Delightful Recipes (Ketogenic Diet, Ketogenic Diet Books, keto clarity)**

*Jessica Fisher*

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## **BOOK #1: Ketogenic Diet Plan: Supreme Guide To Losing Weight Following a Simple Ketogenic Diet**

Ketogenic Diet Plan: Supreme Guide To Losing Weight Following a Simple Ketogenic Diet is the ultimate go-to for anyone wanting to fight obesity.

This manual is a step by step on how to eat in order to efficiently use the energy that you obtain from food. Low carb diets such as Atkins and the South Beach Diet have become celebrity stables for losing weight and maintaining a healthy diet.

**Here is what you will learn after reading this book:**

- What is a ketogenic diet?
- Is Ketogenic dieting right for me?
- What Should You Eat?
- How to know you have reached ketosis?
- At home tips and tricks.

## **BOOK #2: Ketogenic Diet Plan: Amazing Manual for Becoming Fit With Ketogenic Eating methodology**

Are you looking for an easy guide to help you get the desired result of looking trim and fit? Being able to follow a routine diet is never easy, especially when the process feels too complicated. This eBook presents a comprehensive guide on how to develop and sustain the best health and fitness approach suitable for its users. The best approach to having great fitness has been found in the Ketogenic diet plan. The Ketogenic diet has been proven to be of great benefits to individuals who adopt it. Significant health and fitness improvements are noticed in as little as few days from the period of its commencement.

This book includes so much to be discovered and learnt with regards to good health and fitness.

**The list cannot be totally extracted here but here are a few things you will learn after reading this book. You will:**

- Have a good understanding of what a Ketogenic diet plan for weight loss and fitness is all about
- Know what ketosis, how it functions and its advantages to the body
- Understand the relationship between low carbohydrate diet and Ketogenic weight loss diet
- Know the food items that can be used in planning a Ketogenic diet
- Have a full 30 days Ketogenic weight loss meal planned just for you
- Learn how to sustain your body to maintain the lost weight.

## **BOOK #3: Ketogenic Diet Plan: Healthy Delightful Recipes for Successful Ketogenic Diet**

The Ketogenic Diet Plan is a tried and tested way of losing weight. It has been around for 90 years, and is still a popular method of healthy eating. Not only will you shed the pounds, you will also be learning to change your lifestyle eating habits, ridding your body of the poisonous toxins of sugar and carbs. Yes, it is high fat content, BUT, it consists of all the healthy fats that your body needs. The basis of this eating style, is to replace carb energy with fat energy, and it really does work!

Read on to find out the historical information on this workable diet plan. In this guide we will explain the mystery behind the “fat” myth.

**Then see what value such a diet plan can do to your body, such as:**

- Lower blood pressure
- Lower cholesterol levels
- Provide your body with more energy
- Help to combat weight loss

## **Getting Your FREE Bonus**

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

Download your copy of "*Supreme Guide for Becoming Fit Following a Simple Ketogenic Diet With Healthy Delightful Recipes*" by scrolling up and clicking "**Buy Now With 1-Click**" button.

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