



Easy Meal Prep for Ketogenic: Keto Meal Prep Guide and Recipes for Weight Loss and Total Health (the Easiest Way of Losing Weight, Save Time and Live Better) (Paperback)

By Linda C Hartwig

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Do you find yourself with little to no time preparing some healthy meals at home? Do you find yourself too busy to spend countless hours in the kitchen every day? Perhaps you want to save more money and time for the gym or with your family? How about wanting to start the popular keto diet but find it incredibly hard to do so? Many people are in your same shoes and fortunately enough, learning the wonderful art of keto meal prepping will solve all your problems! In this book, you will learn everything from meal prepping to the basics of the ketogenic diet. For those unfamiliar with the ketogenic diet, on the keto diet you will limit your carbohydrate intake to less than 20 grams per day so that your body can enter the metabolic state 'ketosis' where your body burns fat for energy. The keto diet comes with numerous health benefits such as weight loss, increased energy, reduces the risk of chronic diseases, reduces inflammation, improves focus and sharpness amongst other things. One of the most common reasons why people fail the ketogenic diet is because they don't...



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