

# Download Ketogenic Diet Book Includes 100 Low Carb Ketogenic Recipes For Free

A keto diet is a very low-carb diet, where the body turns fat into ketones for use as energy. This increases fat burning, reduces hunger and more. Learn how to eat a keto diet based on real foods – what to eat, what to avoid and how to avoid side effects. Get awesome keto recipes and meal plans. Each month, more doctors are treating their patients with a low-carb or ketogenic diet and seeing measurable improvements between visits. The expanding low-carb medical community speaks to the power of the low-carb diet to deliver the kind of results that excite both doctors and patients, alike. Proteins, which consist of amino acids, are essential nutrients for the human body. They are one of the building blocks of body tissue and can be used as a fuel source. Unlike carbs, which are not essential for our bodies, protein and fat are a vital part of our diet. Without these two macronutrients, we would simply not survive. Author: wowketodiet . Hello! This is Ketogenic Diet Recipes Low Carb By wowketodiet. We love to read books and my job is to analyze daily all the novelties in the world of ebooks.