

# **The Best Ketogenic Diet The Complete Book On A Low Carb Diet With More Than 25 Amazing Recipes And Meal Plan To Shed Weight**

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protein make up the rest of your caloric intake When you limit the amount of carbs i e sugar and starches that you

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January 26th, 2014 - Ketogenic diets aka keto diets nutritional ketosis or NK are currently all the rage and for good reason As I wrote in a previous post a few weeks ago very low carbohydrate ketogenic diets VLCKDs are extremely effective for weight loss and diabetes among other things There s also emerging

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January 9th, 2019 - The ketogenic diet is not only known to be one of the most effective weight loss tools but has proven to have many health benefits Ketosis is a state in which your body produces ketones in the liver shifting the body s metabolism away from glucose and towards fat utilization

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