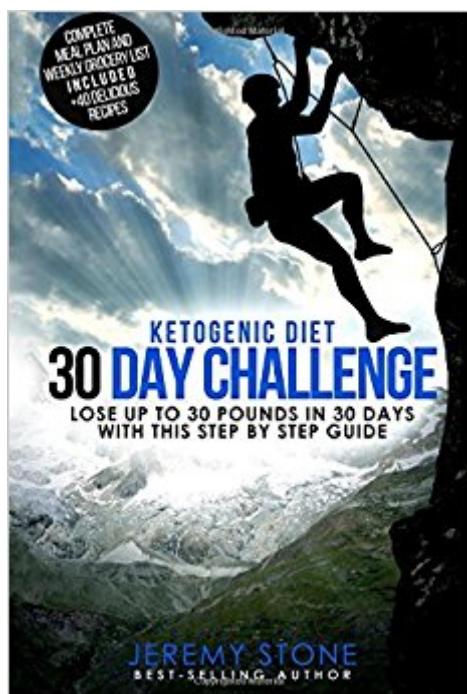


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# Ketogenic Diet: 30 Day Challenge - Lose Up To 30 Pounds Quickly And Easily



## Synopsis

Overcome your weight loss obstacles with the 30 Day Ketogenic Diet Challenge! What if you could have a real custom ketogenic diet meal plan that would normally cost hundreds of dollars for a fraction of the cost? Imagine having a weekly shopping guide that takes let's you focus on what's important, losing weight! Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us. By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result you will automatically lose weight, increase your mental focus and decrease your appetite. Bestselling author Jeremy Stone will give you a full 30 day Ketogenic meal plan with a focus on simple to make recipes that won't have you slaving in the kitchen for hours a day. Based on his extensive knowledge of the Ketogenic Diet and making quick and delicious food, Stone reveals his secret to losing up to 30 pounds in 30 days with this easy to follow meal plan. In this book, you will get ... How to make over 40 Keto-approved recipes with FULL nutritional information A weekly grocery list of EXACTLY what you will need for the week No stress, no guessing - a full 30 day meal plan designed for MAXIMUM weight loss Recipes designed for YOU - meal plan designed for people working 9 to 5 jobs Advice on how to SUCCEED and THRIVE on a Ketogenic Diet How to SMASH through weight loss plateaus BONUS: 30 Additional Ketogenic Recipes E-Book Here are just some of the exciting recipes you'll find inside: Bacon Burgers Broccoli with Pine Nuts and Caramelized Onions Pistachio-Crusted Sundried Tomato Goat Cheese Balls Gooey Sausage Pops Mustard Lemon Salmon Steaks Stir-Fried Kale with Bacon Feta Broccoli and Brussels Sprouts Slaw Spinach and Lemon Stuffed Chicken Spaghetti Squash with Meatballs And many, many more! Get started on making a healthier, more vibrant you and get your copy today!

## Book Information

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## Customer Reviews

Hey it's Jeremy Stone coming from beautiful Toronto, Canada! I'm a fitness enthusiast who's extremely passionate about health. Nothing brings me more joy than helping others reach their maximum potential. Growing up I was not very athletic and was always a little overweight. This caused me self-esteem issues and depression. All of that changed when I got into health and fitness at the age of 16. I saw the tremendous benefits it made on my life and I have made it my life's goal to help others. Sometimes we can be our own worst enemies and all we need to do is get out of our own way! When I am not in the kitchen or writing a book, I'm usually cursing at the TV screen watching a Toronto sports team or spending time with my family. Make sure to follow me on Twitter @JeremyStoneEats

This is one of the most complete 30 day challenge guide that I've ever read. The guide is divided in 3 main parts: The first one will teach you the basics of the diet so you can have an idea of how the ketogenic diet works. The second one will give you a 4 week meals plan including the grocery list for each week. Finally in the last part this guide will give you a lot of great ketogenic recipes so you can have a lot of options in your meals.

I've been Keto-ing the last 3 months and have been reading many books on both the subject, recipes and menu plans. This is the one to get and give to yourself and friends. Jeremy knows how to create great recipes that will convince you and your family that you are enjoying meals more than before while improving your health. The book has quite a few good recipes and offers menu plans. I keep referring back to it and I'm glad I got this book for free.

I found through using this book for a few weeks that there are missing items on the shopping list and recipes plus it's super tiny and some of the recipes didn't turn out so well. I also think a substitution list would have been nice. Example....dinners..i hate curry so if the author would have added a list of dinners, lunches and breakfasts (eat in any combo or don't eat more than x amount of day) it would

make it a bit easier. A list of snacks would have been helpful too. I also think the book is missing a lot of information. Like why is there a fat bomb coffee...what is a fat bomb, why do you need it. What I'm trying to say is I wanted more information about how it works, why it works, lists of meals so I can make my own choices and what I do after the 30 days are up.

This is one of the best books for beginners in Ketogenic diet. For every beginner, this book is a great help and benefit. Here you will learn the basic things about this diet, but you'll get a good recipes for your good start. Well done!

Great recipes! I'm still fat but I'm working on it.

The 30 day ketogenic diet challenge is your complete and comprehensive guide for those who are keen to explore the ketogenic lifestyle. The recipes are easy to cook and the instructions easy to follow. You don't need to be a great cook for these recipes to taste delicious, just follow along.

Going to try this new life style, have heard many interesting things about it

Wonderful recipes, the food tastes great and make it easy to follow!

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