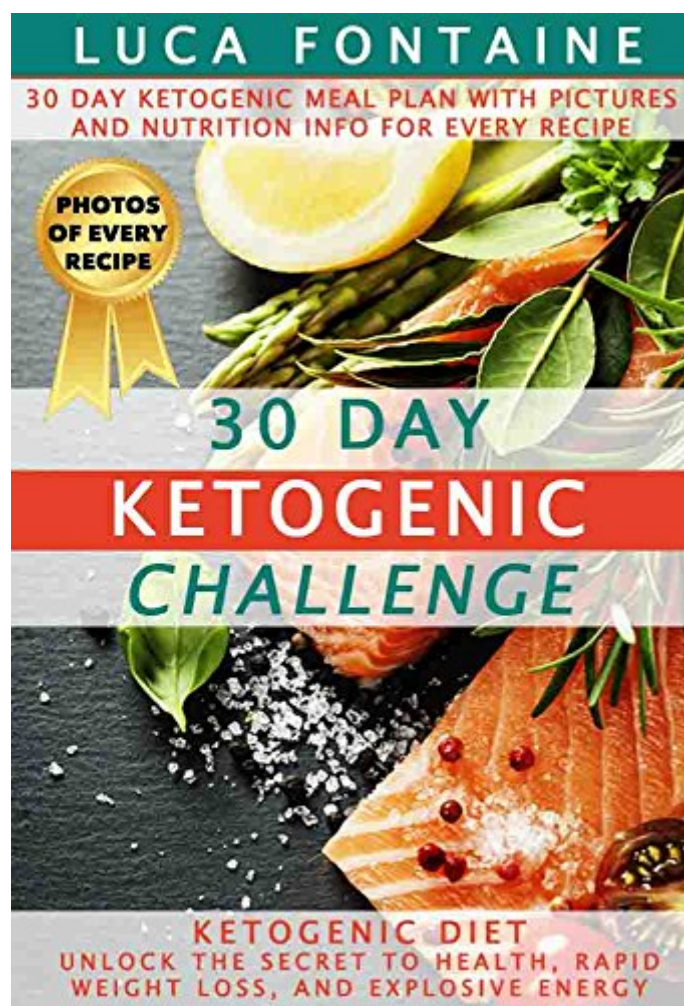


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# Ketogenic Diet: 30 Day Ketogenic Challenge: Unlock The Secret To Health, Rapid Weight Loss, And Explosive Energy; 30 Day Ketogenic Meal Plan With Pictures And Nutrition Info For Every Recipe!





## Synopsis

COMPLETE 30 DAY KETOGENIC DIET CHALLENGE MEAL PLAN WITH PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE! Kindle MatchBook: Buy the paperback edition and get the Kindle edition FREE! REGULAR PRICE: \$14.99 | LIMITED TIME PROMOTIONAL DISCOUNT

The latest research has confirmed what a small group of healthy and fit people have known for decades: the secret to losing weight, maintaining a healthy lifestyle, and feeling great is eating a ketogenic diet! Join the movement and reclaim your health! The 30 Day Ketogenic Challenge is more than just a diet. It is a lifestyle and an entire movement based on reclaiming our health and eating healthy, delicious, natural food the way nature intended. Food isn't meant to be engineered by scientists, loaded with chemicals, filled up with highly refined carbohydrates and mass produced in a factory. Food should be an honest, natural, and enjoyable part of life. That's why the ketogenic diet is becoming increasingly popular! Not only that, the evidence has become undeniable: the 30 day Ketogenic Challenge can help you promote whole body health, boost energy, increase longevity, and drop excess fat fast! The ketogenic diet has also been shown to provide a dramatic boost to immune system effectiveness, reduce hunger pangs, increase your level of mental focus throughout the day, and reduce the risk of major chronic illnesses like diabetes and heart disease! A complete 30 day meal plan! This ketogenic diet cookbook makes it easy! Simply start at day 1 and follow the included meal plan for 30 days. Each and every recipe includes a photo of the meal as well as serving size and nutritional information. There are three recipes for each day: an amazing breakfast, satisfying lunch, and mouthwatering dinner – every single day! Enjoy some of the best meals of your life all while maintaining an approved ketogenic diet for optimal health, energy, and weight loss! Accept the challenge! The ketogenic diet is not a boring, bland, or starvation diet. Eating bland and weird food might be one way to lose weight, but that is not what living a keto lifestyle is all about. Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! Begin your Ketogenic Challenge by grabbing this book today and learn the many delicious possibilities you could have for breakfast, lunch, and dinner today and every day for a month! The ketogenic diet can be fun and easy to follow, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on an entire 30 day ketogenic meal plan in this ketogenic cookbook. Every recipe is easy to make, requires no significant cooking expertise, and is so healthy and delicious you will be proud to serve these meals to your family and friends. World class meals you can serve to your family and friends with pride! World renowned diet and nutrition expert Luca Fontaine has hand-picked his favorite recipes that he has mastered in his own kitchen, taught to

chefs around the world, and that have earned rave reviews from diners on every continent of the planet! Don't miss out! Grab this book today at the limited time sale price and make a small investment in your health and well-being, as well as the health and well-being of your family, that will pay off huge in the long run!

## **Book Information**

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## **Customer Reviews**

I have several Paleo and Keto cookbooks (I love both those diets), but this cookbook is easily one of my favorites. First, the good: The diet is 100% real. It works and anyone who has given keto a serious shot should already know this. The hard science of keto just doesn't lie. Staying in fat burning mode does take some effort but when you can pull it off day after day and week after week, you can just about watch the fat melt off your body in the mirror. I also love all the extra energy. Now for the bad about this diet: it can feel restrictive at times. There is a lot of stuff you just aren't going to be able to eat if you want to do keto properly and enjoy its many benefits. I have had problems with this in the past where I will give in to temptation a few times only to destroy my progress I made with keto. Fortunately, this particular cookbook does a lot to mitigate this problem. There is a really impressive variety of different meals, all with nutritional facts so you know you are staying on track. I

also think the meal plan helps alot with staying committed. I'm not finished the 30 day challenge yet, but so far I am really enjoying it. I don't think temptation is going to be a problem for me with this meal plan since the dishes really change things up from one day to the next. Ultimately I think the make or break factor for any cookbook though is simply this: do the recipes actually taste good? Do I look forward to eating them and can I be proud of serving them to guests in my home? This answer to these questions is a resounding YES and that is where this ketogenic cookbook earns its 5 stars in my opinion. I LOVE these recipes. Haven't found a single dud yet. I think it is unusual for any cookbook to just distill the "greatest hits" of a given diet, but this collection just nails it. If you are only going to get one keto cookbook, make it this one.

This cookbook is loaded with high quality recipes for Ketogenic dieters. The layout of the cookbook is a meal plan that takes you through 30 days of Keto meals. It is challenging to stick with a diet for 30 days (I guess that is why it is called a challenge) but the recipes in this book are really good so it makes it alot easier. If you can succeed your reward is weight loss and better health. To me, it is worth the challenge!

pictures aren't great and some recipes are missing ingredients, cooking temps and measurements...it's okay, but will be looking for better more accurate books and websites. I would give this book a C- at best. I wouldn't recommend it to anyone, but not giving it lower score cause it's not the worst book I have ever read but I'm sure there are much better.

I purchased this book (and returned it) specifically because it advertises "pictures". What you find out after receiving the book are the pictures are mostly 1 inch x 1 inch black and white pictures that may or may not be the recipe mentioned. What would it cost to include full-page color photos for the finished recipe??? Whatever the amount that you'd need to pass onto the customer - I'm sure they'd happily pay it, I know I would.

From page one to page 63, the odd numbered pages only, have a line going down the page where print is missing. I will be returning the book. Unreadable.

Awesome! A perfect diet book. This book is just perfectly fit for me. It is what I needed. I have a difficulty in controlling my diet and this book has helped me to overcome that. This has tips and guide and contains recipes that will help you in your diet. I'm glad that I had observed that there's a

big difference in my weight since I purchased this book. Really worth recommending!

Ketogenic diet became trendy, i was curious to try it out , and i am glad i did , this book is well written easy to read and understand, all those recipes are so good, thanks to the author i recommend it to anyone

I expected more, there is a basic description of foods to eat and those to avoid and then a lot of recipes. Maybe my expectations were off base.

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