

## A Year Of Low Carb/ Keto Fat Bombs: 52 Seasonal Recipes Ketogenic Cookbook (Sweet Savory Recipes) (Elizabeth Jane Cookbook)

Need to track your low carb food intake through the week? You'll need my Lazy Keto Low Carb Weekly Meal Planner Notebook that you can use to do just that. It has a weekly spread for low carb breakfasts, lunches, dinners and snacks and a shopping list space too so you don't forget to pick up more eggs, nuts and avocados of course. You can track for 52 weeks so you can easily follow 7 day lazy keto meal plans and have a year's worth of low carb loveliness to hand.. Perfect gift for those following a more relaxed ketogenic low carbohydrate diet and anyone who is a lazy keto like me.

Are you a woman of a certain age who has noticed your weight gradually increasing? Do you want to lose weight, look great and feel amazing? The ketogenic diet is the one for you! Millions of women over the age of 50 diet every year. Many fail, partly due to their bodies having changed and some because they pick the wrong sort of diet. The ketogenic diet is perfect for women who are over 50 and who may be experiencing the menopause and provides a chance to shed the excess weight that most other diets don't allow. In this book, *The Keto Diet Book for Women After 50: The Complete Guide to Ketogenic Diet with 50 Simple, Low Carbs Recipes & Useful Tips to Help Women Lose Weight During Menopause*, you will find everything you need to make your weight loss program a success, with chapters on: Why the ketogenic diet is the right one for you How it works if you are on the menopause Achieving ketosis Foods you should avoid Supplements you can take to assist 50 amazing recipes And more... If you are a woman over the age of 50 and you've all but given up losing weight after numerous failures, then stop right there because *The Keto Diet Book for Women After 50* can offer you the chance to find the success you never thought you would, giving you back the body you always wanted. Scroll up and click Add to Cart for your copy of this life changing book now!

Low-fat or low-carb? A recent New York Times Magazine (July 7, 2002) cover story answered this question and said that Dr. Atkins was right all along, "its not fat that makes us fat but carbohydrates." Though the government has spent hundreds of millions of dollars in research trying to prove that fat is the cause of obesity, there has been a subtle shift in the scientific consensus over the past five years supporting what the low-carb diet doctors have been saying all along: if we eat less carbohydrates, we will lose weight and live longer. One of the toughest challenges of any diet is having enough variety and choices to keep the dieter from losing interest. The most common reason that people abandon their diet is boredom but *500 LOW CARB RECIPES: 500 Recipes, From Snacks to Dessert, That the Whole Family Will Love* by Dana Carpender has more than enough recipes to keep even the most finicky dieter on track. With recipes for everything including hors d'oeuvres, snacks, breads, muffins, side dishes, entrees, cookies, cakes and much more, this is an endless supply for creating meals for the whole family night after night. Whether everyone in the family is on a diet or not, these recipes are proven winners with adults and kids alike. Also included: Many one-dish meals for single people--main dish salads, skillet suppers that include meat and vegetables, and hearty soups that are a full meal in a bowl. Ideas for breaking out of old ways of looking at food with suggestions that save time and money and change what is considered a normal meal for breakfast, lunch and dinner. Information about where to find low-carbohydrate specialty products and descriptions of low-carb specialty foods found in grocery stores everywhere. An entire chapter that lists and describes low-carb substitute ingredients such as fats and oils, flour substitutes, liquids, seasonings and sweeteners. Dieters will be pleased to know that they can eat foods like guacamole, omelets, pizza, steak, ham and dessert without giving up great taste and still lose weight. There are enough recipes to create the perfect menu for any holiday of the year--including Thanksgiving. Each of the 500 recipes includes a carbohydrate count to help calculate the total carb intake of each menu. There are more recipes for main dishes and side dishes than most low-carb dieters will ever be able to eat--everything from down-home cooking to ethnic fare; from quick-and-easy weeknight meals to knock-their-socks off party food. *500 LOW CARB RECIPES* is the last cookbook any dieter will ever need to buy and certain to be used until the binding is worn out!

Discover AMAZING Low Carb Diet Plan This book contains valuable and current information that will enlighten you on how to use low carb diet to lose weight fast and permanently. Specifically, you will discover the following in this book: Why you will be able to lose weight fast with the low carb diet The role of carbohydrates in your diet Is carbohydrate necessary and can you really restrict it in your diet? How carbohydrates convert into blood sugar and then into consumable energy What can substitute carbohydrates as the primary source of energy The factors that you need to consider to increase the safeness of your low carb diet plan The evidence that proves the effectiveness of low carb diet in delivering fast weight loss and its potential to bring sustainable and permanent results The key to make the low carb diet work for you, considering that each body is unique How five of the best low carb diet plans work to deliver results How you can get started with your low carb diet Tools and resources that will help increase your success in reaching your weight loss goals with your low carb diet plan Get Your Copy Right Now! Do you want to start eating low carb but don't know how to start? Do you want your family to eat healthy easy meals? Do you want to cut back on the sugars and processed food from your life? Do you have belly fat that you just can't lose? Do you want stable blood sugars? Then this is the book you need. It's an absolute beginners guide to living sugar free, gluten free, grain free and low carb. It explains why sugar is so harmful and why wheat and grains don't belong in a healthy diet. You'll learn what is a healthy fat and why you should be eating more. So buy the book for yourself or as a gift for a family or friend who needs some help. This is the perfect easy way to get started today. **INSIDE YOU'LL FIND-** 25 easy recipes using simple ingredients- How to start guide- 7 day sample menu plan- Shopping list- Measurement trackers If you want to know how to eat low carb and how to give up sugar this is the perfect introduction. Follow the simple recipes to get you started, look at the beautiful pictures to inspire you and follow the days meal planner and shopping list. Low carb is the perfect way to lose that belly fat, control your hunger, stabilise blood sugars and eat healthy foods without ever feeling hungry. All the hard work is done for you to start living low carb TODAY! Many people use low carb diet to manage their diabetes, heart disease, high blood pressure and epilepsy. Many others are using low carb to help prevent dementia and cancer. So if you want to learn how to start low carb today, click to buy the Low carb starter

pack - The complete beginners' guide now.

500 Low-Carb Recipes

90 Days Ketogenic Diet Food Planner And Weight Loss Journal For Women

Keto Diet

An Effective Guide to Uncovering Boundless Energy and Your Happy Weight. Mouthwatering Low-Carb Recipes to Face Menopause Without Stress, Reset Metabolism and Stay Healthy (With Photos)

Low Carb Holiday Menu with Delicious Thanksgiving, Christmas and New Year's Recipes Including Appetizers, Mains, Desserts and More

Why We Get Fat

Your Definitive Guide to the Benefits of a Low-Carb, High-Fat Diet

Controlled-Carbohydrate Eating for Long-Term Weight Loss

104 seasonal recipes, 18,000 copies sold, 200+ 4.5 star reviews Two years ago, "A Year of Fat Bombs" became a fan favorite. A year later, "A Year of Easy Keto Desserts", provided even more delectable keto delights. Readers demanded these keto essentials be turned in a single compilation. "Two Years of Easy Keto Desserts & Fat Bombs" was created: 104 beautifully photographed recipes Sweet and savory delights Seasonal recipes based on available produce Treats for all special occasions, birthdays, Christmas, Easter and more Beautifully illustrated Happy Healthy Baking! "I've been visiting family members and have taken several items from 'A Year of Keto Desserts' and not one person said anything about tasting like a diet food!" - Amazon reviewer. "Diet" and desserts shouldn't go together. Everyone can love your freshly baked 'healthy' desserts. What are you craving? Whenever, whatever you are craving, quickly find the dessert to satisfy your sweet or savory tooth. From winter comforting Coffee Cake Loaf with No Carb Vanilla Icing to cooling Decadent no Churn Blackberry Ice Cream. Special occasions? Christmas? There's a keto dessert for that: Snowflake Christmas Spiced "Sugar" Cookies or a savory delight like the Christmas Inspired Pecan Pie Bites. Birthday? Try the Funfetti Birthday Sheet Cake. Easy, budget-friendly, quick and yummy The keto diet can be difficult, time-consuming and budget-busting. You will no longer be tempted by easy and cheap sugar-filled foods from the store. When you can spend \$6 on a pack of cookies or make 18 fat-burning keto Chocolate Truffles in under 15 minutes, with easy to find ingredients and four simple steps, it's a no-brainer! This book of amazing keto desserts makes it easy to stay healthy and not be filled with regret for bad choices and undoing all your good work. Wholesome, guilt-free and truly low carb Low carb treats should be just that: low carb. You shouldn't sacrifice an entire day's carb count on a single mouthful, leaving you hungry and craving junk the rest of the day. All recipes are less than 5g of net carbs per serving; low carb means low carb and is genuinely guilt-free. Created to be nutritious and delicious, only using wholesome gluten-free ingredients. There is no sacrificing your diet and health for a morsel of pleasure. At home, on the go, for next week or even to share Recipes for every occasion. Enjoy a sweet pick-me-up after a long day at home with Almond Butter Cups, or make ahead and use the Chewy Brownie Mini Cookies as an energy-boosting snack at work. Sea Salt Vanilla Almond Butter Milkshake is guaranteed to be a hit with the kids, and the Chocolate Peppermint Christmas Loaf will impress even non-keto friends and family. Taste Tested to Keto Perfection Rigorously tasted, tested and loved by fellow keto-lovers. Taste Testers quickly found their favorites: "Ultimate Low Carb Apple Pie Savory Bites - OMG thank you, I missed apple pie!" "Eggnog Brownies are to die for, and I'm thinking this will be a great dessert for company." "Ultimate Fall Spice Keto Chocolate Chip Cookies are my new go-to for snacks around the house."

Welcome to our 30 Day Low Carb Diet 'Ketosis Plan'. You can use the book as a guide to help get you started on your way should you be new to the low carb diet, or just off it for a while and in need of a specific plan to help you along the way. I am not a physician, nor do I claim to be a weight management expert, so please consult your physician before starting this or any diet or exercise routine. This is a simple plan I have devised, in the course of my 7 year experience on the 'Low Carb Diet' to help me out and is based on the induction phase of the Atkins diet, the strictest of his 4 phases. It was designed to help get you started, or back on track should you lose your way. Get a copy!!

By now, the low-carb diet's refrain is a familiar one: Bread is bad for you. Fat doesn't matter. Carbs are the real reason you can't lose weight. The low-carb universe Dr. Atkins brought into being continues to expand. Low-carb diets, from South Beach to the Zone and beyond, are still the go-to method for weight-loss for millions. These diets' marketing may differ, but they all share two crucial components: the condemnation of "carbs" and an emphasis on meat and fat for calories. Even the latest diet trend, the Paleo diet, is—despite its increased focus on (some) whole foods—just another variation on the same carbohydrate fears. In *The Low-Carb Fraud*, longtime leader in the nutritional science field T. Colin Campbell (author of *The China Study* and *Whole*) outlines where (and how) the low-carb proponents get it wrong: where the belief that carbohydrates are bad came from, and why it persists despite all the evidence to the contrary. The foods we misleadingly refer to as "carbs" aren't all created equal—and treating them that way has major consequences for our nutritional well-being. If you're considering a low-carb diet, read this e-book first. It will change the way you think about what you eat—and how you should be eating, to lose weight and optimize your health, now and for the long term.

NEW YORK TIMES BESTSELLER • Mark Sisson unveils his groundbreaking ketogenic diet plan that resets your metabolism in 21 days so you can burn fat forever. "Sisson masterfully delivers a comprehensive guide . . . to finally achieve success as it relates to health and weight loss."—David Perlmutter, M.D., author of Grain Brain Mounting scientific research is confirming that eating a ketogenic diet could represent one of the greatest nutritional breakthroughs of our time—and that it might be the healthiest and most effective weight loss strategy ever. Going "keto" by eating high fat, low-to-moderate protein and low-carb foods enables you to break free from the disastrous effects of carbohydrate dependency by resetting your metabolism and promoting metabolic flexibility—where your body learns to burn fat instead of sugar for energy, even when you go off plan. Unlike many other ketogenic programs that require challenging restrictions and deprivation or offer misinformation, Mark Sisson, bestselling author of The Primal Blueprint and publisher of the #1 paleo blog MarksDailyApple, presents a unique two-step, scientifically validated approach for going keto the right way. He first reveals the real secret to rapid and sustained weight loss, which is in becoming "fat-adapted" before entering full nutritional ketosis. It takes as little as 21-days to reprogram your metabolism to burn fat for fuel, by ditching processed grains, sugars, and refined vegetable oils in favor of nutrient-dense, high fat, primal/paleo foods—and you'll see immediate results. Next, you'll fine-tune with Intermittent Fasting and then foray into full ketogenic eating for a further weight loss boost and improved health. With The Keto Reset Diet, you can eat to total satisfaction by enjoying rich, high-satiety foods, and even weather occasional slip-ups, using:

- Step-by-step guidance
- A helpful list of toxic foods to avoid and nutrient-dense food to replace them
- Daily meal plans, including a recipe section with over 100 keto friendly recipes

You'll use keto as a lifelong tool to stay trim, healthy, energetic, and free from the disastrous health conditions caused by the typical American diet. The Keto Reset Diet is the definitive guide to help the keto-beginner or the experienced health enthusiast understand the what, why, and how to succeed with ketogenic eating.

Leading Harvard Medical School expert and "obesity warrior" (Time magazine) Dr. David Ludwig rewrites the rules on weight loss, diet, and health in this guide to retraining your cells and reclaiming your health for life. Forget everything you've been taught about dieting. In Always Hungry?, renowned endocrinologist Dr. David Ludwig explains why traditional diets don't work and presents a radical new plan to help you lose weight without hunger, improve your health, and feel great. For over two decades, Dr. Ludwig has been at the forefront of research into weight control. His groundbreaking studies show that overeating doesn't make you fat; the process of getting fat makes you overeat. That's because fat cells play a key role in determining how much weight you gain or lose. Low-fat diets work against you by triggering fat cells to hoard more calories for themselves, leaving too few for the rest of the body. This "hungry fat" sets off a dangerous chain reaction that leaves you feeling ravenous as your metabolism slows down. Cutting calories only makes the situation worse by creating a battle between mind and metabolism that we're destined to lose. You gain more weight even as you struggle to eat less food. Always Hungry? turns dieting on its head with a three-phase program that ignores calories and targets fat cells directly. The recipes and meal plan include luscious high-fat foods (like nuts and nut butters, full-fat dairy, avocados, and dark chocolate), savory proteins, and natural carbohydrates. The result? Fat cells release their excess calories, and you lose weight - and inches - without battling cravings and constant hunger. This is dieting without deprivation. Forget calories. Forget cravings. Forget dieting. Always hungry? reveals a liberating new way to tame hunger and lose weight for good.

Keto Holiday Cookbook

Two Years of Low Carb Desserts, Snacks and Fat Bombs

Eat Rich, Live Long

Keto For Foodies

The Low-Carb Fraud

The Easy Way to Learn How to Start Low Carb Living Today

How to Lose Weight Fast & Permanently With the Low Carb Diet Plan

More Than 200 Delicious Recipes That Fit the Nation's Top Diet

**Nicole Downs delivers exceptional cuisine to every keto-table in her new book Keto for Foodies! Featuring an array of upscale, gourmet-style dishes that are all low-carb, keto and even kid approved, Nicole takes you on a journey of food excellence that will please every palate and tempt any taste bud. With her easy-to-follow recipes, accessible ingredients, and tips and tricks on making meals that are high-quality, you will feel as though you are eating every meal at a 5-star restaurant – without the effort or cost! Keto for Foodies features page after page of the most indulgent and mouthwatering meals that will impress even the most discerning of foodies! Keto for Foodies is complete with: full-page color photos, special occasion menus, recipe variations, keto shopping lists, cooking techniques/time saving tips. Nicole even takes the guess work out of simple seasoning showing you how to perfectly balance the right ratios for phenomenal flavor. Sample Recipes Include: Shrimp & Lobster Dip French Onion Soup Beef Bourgnion Pistachio Crusted Cod French Country Stew Bacon Wrapped Pork Medallions with Maple Chipotle Cream Dark Chocolate Pots De Creme Whether you are keto, low-carb or just simply a food lover, Keto for Foodies guarantees an experience you will love!**

★ 55% OFF for Bookstores! NOW at \$ 46,97 instead of \$ 56,97! LAST DAYS! ★ Do you have a problem with weight loss and lack of energy? If so, you may benefit from a ketogenic diet. Your

**Customers Will Never Stop To Use This Amazing Cookbook!** The keto diet has been a hot topic this year. In fact, it was featured almost everywhere from your favorite sitcom to your favorite news channel, and there's a reason for that. The keto diet is absolutely incredible. At Keto Diet, we understand that not all diets are created equally. That's why we are proud to offer one of the best keto diets on the market. Our diet, called the Keto Diet, has made countless people lose over 50 pounds in just weeks! Unlike traditional diets, the Keto Diet allows you to eat anything you want! You can eat as much steak as you want without worrying about your waistline expanding. All you have to do is focus on eating low-carb foods such as bacon cheeseburgers sausages and chicken wings! This book covers: - What is ketosis? - Types of keto diets - Benefits of the keto diet - What to eat on keto - Keto tips and tricks - Breakfast - Mains - Side dishes - Meat - Poultry - Pork And much more! What the Keto Diet does is it helps reduce your body fat percentage by forcing you to burn fat at a faster rate. Eating a high-fat diet reduces appetite and makes you feel full so that you don't want to snack between meals. This in turn helps you lose a lot of weight quickly! Buy it NOW and let your customers get addicted to this amazing book!

Here are tips, tricks, and practical advice for dealing with issues that these dieters face every day: How to eat to maintain weight loss, the best way to deal with eating binges, what to do when dining out or facing temptations during the holidays, the safest times of day to eat high-carb foods, McCullough also provides information on new low-carb products, "secret weapons", mail-order sources, vitamin supplements, the use of "healthy fats" in cooking, and effective bounceback programs from periods of indulgence -- as well as 165 delicious recipes that never seem like a sacrifice.

Have you looked at a low-carb diet simply as a means to lose weight? What if you learned that combining a low-carb nutritional approach with a high fat intake produces a powerful therapeutic effect on a wide variety of health conditions that most people think requires medication to control? That's what Keto Clarity is all about. Jimmy Moore, the world's leading low-carb diet blogger and podcaster, has reunited with his Cholesterol Clarity coauthor Dr. Eric C. Westman, a practicing internist and low-carb diet researcher, to bring you the crystal-clear information you need to understand what a ketogenic diet is all about and why it may be the missing element in your pursuit of optimal health. This book includes exclusive interviews from twenty of the world's foremost authorities from various fields bringing their depth of expertise and experience using this nutritional approach. Moore and Westman clearly explain why ketosis is normal, how this nutritional approach is being used therapeutically by many medical professionals, a step-by-step guide to help you produce more ketones and track your progress, real-life success stories of people using a ketogenic diet, and more. The solid evidence for nutritional ketosis in dealing with many of the chronic health problems of our day is presented, including coverage of epilepsy, Type 2 diabetes, obesity, cardiovascular disease, metabolic syndrome, polycystic ovarian syndrome (PCOS), irritable bowel syndrome (IBS), heartburn (GERD), nonalcoholic fatty liver disease (NAFLD). The good evidence for ketogenic diets is also shared in dealing with Alzheimer's Disease (AD), Parkinson's Disease, dementia, mental illness, schizophrenia, bipolar, depression, narcolepsy, and sleep disorders. Plus, you'll get the details on the emerging science that is showing great promise in treating cancer, autism, migraines, chronic pain, brain injury, stroke, kidney disease, and so much more. Keto Clarity is your definitive guide to the benefits of a low-carb, high-fat diet. Full details on Jimmy Moore's yearlong n=1 scientific experiment of nutritional ketosis, in which he used sophisticated blood testing technology to track and monitor his production of ketones and blood sugar to achieve rather remarkable effects on his weight and health, is also presented as well as food shopping lists, 25+ low-carb, high-fat recipes, and a 21-day meal plan to get you going on your ketogenic lifestyle change. Keto Clarity gives you a whole new perspective on the work that the late, great Dr. Robert C. Atkins started in earnest with his promotion of the low-carb approach beginning in the 1960s. That revolution continues boldly in this book designed to shift your paradigm on diet and health forever!

**Sick Of Going Round In Circles With Your Dieting? "You're About To Discover The Easiest Way To Drop The Fat Once And For All, And Start Living The Life You've Always Dreamed Of"** This book is one of the most valuable resources when looking at starting a low carb diet Are your dieting efforts not going according to plan... maybe even making life miserable? Does it seem like you've tried and tried everything out there to drop the fat, and yet, despite your best intentions, you're still plagued with: \* No results \* No weight lost \* Zero motivation Have you been frustrated with your dieting recently and felt that you are just going round in circles, not achieving anything? Then Now More Than Ever It Is More Important To Drop The Fat And Learn How To Do It Successfully! So How Exactly Do I Do That You May Ask? I'll tell you how. By learning how to drop fat the low carb way you will gain all the information you need to shed those extra pounds and start living the life you've always dreamed about Are you ready? Introducing **DROP FAT THE LOW CARB WAY** Learn Exactly What A Low Carb Diet Is Discover The Benefits Of A Low Carb Diet Practical Advice On How To Start A Low Carb Diet Whether Or Not Low Carb Diets Are Safe And Much, Much More... This powerful tool will provide you with everything you need to know to be a success and finally achieve your dream of dropping the fat through dieting. Making weight loss promises to yourself is easy but making them stick is something else which requires much more than just some words and thoughts. In the quest to make weight loss resolutions that eventually see some level of success there needs to be some careful planning and thought exercised beforehand. "Why It Is Very Important For You To Invest In This Book Right Now..." What I must stress at this time now is NOT the tiny amount you'll invest in this book but how much you'll LOSE OUT if you don't! Understand that you could really be missing out. Don't let anything stand in the way between you and your dream of having the body and health of your dreams. Think about how much you could change your life and your health if you really applied the strategies in this book. I cannot even begin to imagine someone who would not take advantage of this - it could mean that you may have a very bleak future! Thankfully, you are a sharp person... otherwise you wouldn't be looking for a way to secure your future health and finally drop the fat. And to show my sincerity, I'll show you something that will definitely sweeten the deal... This book could be the most important book you will ever read. Make no mistake about it because if you do not equip yourself with the right knowledge, you will end up going round in circles and waste tons of money searching for the magic pill to dieting success (even more than the price of this book by 10 to a hundred times, in fact!) But the fact of the matter is, there is NO magic pill to dieting. Just knowing the principles and foundation of low carb dieting. Not only can you enjoy the process of dropping the fat the low carb way! But because health and fitness is an all-year round adventure, you will always be ready for whatever may come your way! With this amazing guide, you will be fully prepared in dealing with everything. Grab Your Copy Today"

**Protein Power**

**Life Without Bread**

**Living the Low Carb Life**

## 1,001 Low-Carb Recipes

### Reboot Your Metabolism in 21 Days and Burn Fat Forever

### Ketogenic Cookbook

### Keto Clarity

### The Case for Keto

In this first-of-its-kind collection, Jimmy Moore, leading low-carb diet blogger and podcaster and bestselling author of Keto Clarity, joins forces with fellow keto advocate and nutritionist Maria Emmerich to bring you more than 150 delicious, real food-based, keto-friendly recipes that are ideal for anyone who wants to be in nutritional ketosis or simply wants to eat healthier. In addition, The Ketogenic Cookbook explains why a ketogenic diet can help treat chronic illnesses from type 2 diabetes to heart disease to epilepsy, offers practical advice for pursuing nutritional ketosis, outlines the unique combination of whole foods that will help you become ketogenic, and much more. If you're seeking a healthier way to eat that will help heal your body of damage done by years of eating tons of sugar and carbs, the ketogenic diet may be for you. There's no need to sacrifice taste for good health!

Presents a program for lifetime weight control using three different plans that feature separate carbohydrate levels to accommodate every dieter's needs, and is accompanied by sample menus, shopping and cooking tips, and recipes.

Staying the low-carb course will be easy all year long with a seemingly endless choice of everything from barbecue and simple-to-prepare slow-cooker fare to internationally inspired dishes and snacks.

A companion to "The South Beach Diet" presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories.

Weight loss is truly a journey! I'm a proof that keto diet and intermittent fasting is an excellent combo and a game changer. The bottom line is that I have lost 162 pounds in a year with intermittent fasting and a keto diet. People want to lose weight for a whole slew of different reasons. Some want to feel better about the way they look and give their self-esteem a boost, while others aim to stop using food as a coping mechanism for emotional struggles. No matter what reasons you have for wanting to lose weight or where you are in your journey, my inspiring weight loss success story prove that it's never too late to turn things around and get a new lease on life. I have battled and overcome difficult challenges, such as depression, anxiety, and feelings of self-worthlessness to achieve my weight loss goals. And you know what that means? You can do it, too. The best part is, in my weight loss journey—there was; No gym. No extreme calorie restrictions and I eat more including my favorite foods. I am eating very much more, I'm enjoying my food quite a bit more and still losing weight. In this book, you will get to know: How I lost weight through keto diet and intermittent fasting. My eating plan. Why you are not losing weight. Recipes to my favorite low-carb burgers. I hope my story inspires you and I know this book will also help you lose weight effectively.

### The Keto Reset Diet

A Year of Easy Keto Desserts: 52 Seasonal Fat Burning, Low-Carb Desserts & Fat Bombs with Less Than 5 Gram of Carbs

Lazy Keto Low Carb Weekly Meal Planner Notebook

The Ultimate Low-Carb Cookbook with over 125 Mouthwatering Recipes

Living Low Carb

Always Hungry?

A Complete Guide to the Ketogenic Diet with 50 Simple Low-Carb Recipes & Useful Tips to Help Women Lose Weight During Menopause

From Atkins to the Zone : Choosing the Diet That's Right for You

"A practical approach to health & weight loss with 100+ easy low-carb recipes"--Cover.

**NATIONAL BESTSELLER** • "Taubes stands the received wisdom about diet and exercise on its head." —The New York Times What's making us fat? And how can we change? Building upon his critical work in Good Calories, Bad Calories and presenting fresh evidence for his claim, bestselling author Gary Taubes revisits these urgent questions. Featuring a new afterword with answers to frequently asked questions. Taubes reveals the bad nutritional science of the last century—none more damaging or misguided than the "calories-in, calories-out" model of why we get fat—and the good science that has been ignored. He also answers the most persistent questions: Why are some people thin and others fat? What roles do exercise and genetics play in our weight? What foods should we eat, and what foods should we avoid? Persuasive, straightforward, and practical, *Why We Get Fat* is an essential guide to nutrition and weight management. Complete with an easy-to-follow diet. Featuring a new afterword with answers to frequently asked questions.

Bestselling author of Southern Keto & Southern Keto Beyond the Basics, Natasha Newton, levels up entertaining with 100+ carb-conscious recipes for every occasion. If you're living a low-carb or keto lifestyle, you may be intimidated by the idea of hosting a mix of carb lovers and carb avoiders, but fear no more. Natasha Newton brings you the ultimate guide to healthy entertaining with her easy and delicious crowd-pleasing recipes. In Let's Celebrate, Natasha delivers 100+ low-carb, keto-friendly appetizers, salads, main dishes, desserts, and beverages that feature her distinct Southern style. She makes any gathering fit your lifestyle without forgoing flavor and familiarity. Let's Celebrate is packed with everything you need to host a memorable gathering, including: Tips and checklists to help you prepare for entertaining Themes and table settings for a variety of celebrations Sample menus and shopping lists Easy-to-follow recipes that use accessible ingredients And more! Sample recipes: Hot Pimento Cheese Dip Slow Cooker Party Meatballs Bacon Ranch Fauxtato Salad Stuffed Pork Tenderloin Better Than Anything Cake Bloody Mary Bar

Explains the science behind low-carbohydrate dieting and offers information on how to pick a low-carb plan and customize it for individual metabolisms and lifestyles.

An Entire Year of Delectable, Decadent and Downright Delicious Keto Desserts Like an advent calendar of low-carb heavenly desserts... all year round. Your guilty pleasures without the guilt, ready to be devoured within 15 minutes of reading this.

200 High-Flavor Recipes and a 7-Step Plan to Stay Slim Forever

Low Carb Thanksgiving Dinner

Rethinking Weight Control and the Science and Practice of Low-Carb/High-Fat Eating

Signature Low Carb Recipes for Peanut Butter Lovers

Top Health And Delicious Keto Diet Recipes To Lose Weight, Get Lean, And Feel Amazing With The Low Carb Diet

Low Carb Peanuts

A Mom's Guide of How She Lost 50 Lbs Through Easy Keto Weight Loss

Keto Diets and Meals

You can take control of your health, lose weight, prevent disease, and enjoy a long and healthy life. The unique nutritional program outlined in Eat Rich, Live Long is designed by experts to help you feel great while you eat delicious and satisfying foods. Millions of people have gotten healthy through low-carb plans over the years—and a growing number have discovered the wonderful benefits of ketogenic (Keto) nutrition. Many are confused, though, about how low-carb they should go. Now, Eat Rich, Live Long reveals how mastering the low-carb/ Keto spectrum can maximize your weight loss and optimize your health for the long term. In this book, Ivor Cummins, a world-class engineer and technical master for a huge global tech corporation, and Dr. Jeff Gerber, a family doctor who is widely regarded as a global leader in low-carb nutrition, team up to present their unique perspectives from their extensive clinical, medical, and scientific/research experience. Together, Cummins and Gerber crack the code that shows you how to eat the foods you enjoy, lose weight, and regain robust health. They reveal how the nutritional “experts” have gotten it so wrong for so long by demonizing healthy natural fats in our diets and focusing on cholesterol and LDL as the villains. In fact, as the authors reveal by drawing on the latest peer-reviewed global research, eating a high percentage of natural fats, a moderate amount of protein, and a low percentage of carbs can help you lose weight, prevent disease, satisfy your appetite, turn off your food cravings, and live longer. The heart of Eat Rich, Live Long is the book's prescriptive program, which includes a 7-day eating plan, a 14-day eating plan, and more than 50 gourmet-quality low-carb high-fat recipes – illustrated with gorgeous full-color photographs -- for breakfasts, lunches, appetizers, snacks, dinners, drinks, and desserts. Low-carb never tasted so good! Nutritional sacred cows are constantly being challenged in the media. How much fat should we eat -- and which kinds of fats are best? Which fats can contribute to diabetes, heart disease, and early mortality? Does a high-protein diet increase muscle mass and lead to vigorous health – or can it promote aging, cancer, and early mortality? Which vitamins and minerals should we be taking, if any? How do we change our metabolism so that our bodies burn fat instead of all the sugars we consume? Does intermittent fasting really work? Eat Rich, Live Long lays out the truth based on the latest scientific research. Eat Rich, Live Long will change the way you look at eating. Meanwhile you will lose weight – and look and feel great.

Peanuts have been proven to provide a positive impact when it comes to weight loss, and if that's one of your goals for the New Year, chances are that you've heard about some of the top diets for 2019. These include a low-carb diet known as the ketogenic diet. Often called "keto" for short, the ketogenic diet forces the body to utilize fats instead of carbohydrates as a fuel source by entering a fat-burning mode called ketosis. While some research shows keto diets may be protective against obesity, diabetes, cognitive decline and cancer, little is still known about their long-term effects. But if you choose to try one, the good news is that peanuts are a good source of low carb, ketogenic protein. They're also packed with other benefits-which is why they've been a favorite of plant-based and other dieters for years.

55% DISCOUNT for Bookstores! Pay 11.20 instead of 24.90 Do you want to burn and energize your body, feel great and look awesome? The Best Keto Diet. Your Customers Will no Longer Be Able to Do Without It Are you sure after 50 your life loses its taste and you can never enjoy it again? As a synonym with menopause, this second phase of life often rhymes with "physiological changes". The transition between a woman's fertile to a non-fertile period is characterized, among other things, by weight gain. Hence the importance of adopting an adequate diet that allows you to cope well with the news related to age and the end of the menstrual cycle. Eat real food in abundance! This is NOT a restrictive lifestyle at all. You just have to stop eating junk food. And that's a good thing for your brain and your body, so always remember that. "I will eat good things, I will not eat junk food". In this book, you will discover: How to eat right and why it is important, to forget the fear of time passing, and help you maintain the freshness of your skin; you will end up wondering who is that young woman in your mirror! The best keto diet for women over 50 to fulfill their health needs; you will be able to maintain a positive attitude and help you discover sides of your personality, passions, and living spaces on which you had never paused. How to customize your own keto diet to make delicious and yummy meals and avoid any kind of food waste, knowing exactly how much quantity of ingredients is necessary to cook the recipe you chose. Tasty and tantalizing ketogenic recipes, easy-to-follow to help you get through this difficult period of your life in a healthy and fast way. Your new eating moments, with the best keto recipes available, already conceived for two people to avoid any kind of a waste of food or tricky calculations. ...and a lot more! One study found that the ketogenic diet produced a 2-pound difference in weight loss, compared with low-fat diets over a year-long period. For this reason, low-carb diets are generally recommended, associated with physical activity to be carried out daily So, what are you waiting for? Buy it NOW and let your clients get addicted to this surprising Color book!

Discover how working mom, Countess of Low Carb, went from dieting every. single. day. since she was 10 years old, WITH NO RESULTS, and feeling like she'd never lose "the freaking weight" TO... discovering "something" that FINALLY WORKED FOR HER to lose 50 lbs (without giving up her most favorite foods or forcing herself to push super hard at the gym). Her answers were found in ketosis from the keto diet, eating keto diet foods & a new way of life! This book is not meant for bodybuilders or athletes but meant for women and men who finally want to lose the weight. Learn: -As a beginner, what is ketosis? -How do I get into ketosis? -How can ketogenic diet help me? -What keto diet foods do I eat? -Figuring out your macros -What do I eat at restaurants? -My Starbucks! What do I drink at Starbucks?! -Recipes to cook I'm not a build builder, I'm not a high-level athlete. My two most important titles are being a great wife (most of the time - wink, wink) and mom to my 2-year-old. I also run several successful companies. The information included is what worked for me and I have seen it work for thousands of other women in the Countess of Low Carb coaching group. My view point is going to come from being a working mom and woman who wants to lose weight. My main message it to encourage what works best for YOUR body.

All my suggestions may not work for you. Having lost 50 pounds with another 50 pounds to go, find what works for YOU. This book would not be a good fit for someone who needs to lose 5-10 pounds, body builder, high-level athlete or is in maintenance keto. This book is for a man or woman who needs to lose a good chunk of change in weight, who has tried many diets that didn't work, who wants a loving environment, who is eager to learn more about keto and is sick-and-tired-of-being-sick-and-tired.

Presents comprehensive coverage on low-carbohydrate diet plans, comparing the details of twenty-three diet programs, and provides insider tips on maintaining a low-carbohydrate lifestyle.

Clarifying the Low Carb Diet for Beginner (50 Ultimate Collections of Low Carbohydrate Casseroles That Make You Lose Weight and Burn Belly Fat)

Understanding The Ketogenic Diet

The Keto Diet Book for Women Over 50

My Keto Diet and Intermittent Fasting Success Story

The Ultimate Keto Diet Cookbook: 550 Low-Carb, High-Fat Keto-Friendly Recipes to Lose Weight Fast and Feel Years Younger. (21-Day Meal Plan)

The Mom's Guide to Ketosis, Keto Diet Food List and Ketogenic Diet

Ketones Butter Bacon Low Carb Dairy - 90 Days Keto Diet Tracker

Drop Fat the Low Carb Way

**Join the thousands who have experienced dramatic weight loss, lowered cholesterol, and improvement or reversal of the damages of heart disease, adult-onset diabetes, and other major diseases by following this medically proven program. Protein Power will teach you how to use food as a tool for**

- Dramatic and permanent weight loss
- Resetting your metabolism and boosting your energy levels
- Lowering your “bad” cholesterol levels while elevating the “good”
- Protecting yourself from “The Deadly Diseases of Civilization” (including high blood pressure and heart disease)

And best of all, Protein Power encourages you to

- Eat the foods you love, including meats (even steaks, bacon, and burgers), cheeses, and eggs
- Rethink the current wisdom on fat intake (science has shown that fat does not make you fat!)
- Stop shocking your body with breads, pastas, and other fat-inducing carbohydrates

So prepare yourself for the most dramatic life-enhancing diet program available!

Looking for the Keto substitutes of traditional holiday meals? Wish you could have a collection of the most delectable Keto holiday recipes gathered in one place? Do you want to lose weight and still enjoy mouthwatering festive dishes? If yes, then this Keto Holiday Cookbook is just what you need! Here you will find a collection of the most delicious keto festive recipes suitable for special occasions. Losing weight and becoming healthier and happier is possible if you stay consistent with the Ketogenic diet. However, it might be tough to stick to the low carb diet during holidays, especially if you are going to celebrate with carb-loving family, friends and relatives. Amazing recipes gathered in this cookbook are aimed to help you keep your carbs in check, and still, enjoy the mouthwatering dishes during holidays. With the help of this keto diet guide you will easily adjust the holiday menu to fit your keto lifestyle. Here's what you will discover in this Keto Holiday cookbook:

- A wide variety of tasty festive recipes, such as Keto Christmas, Keto Thanksgiving and Keto New Year's recipes;
- Recipes for festive keto breakfasts, appetizers, mains and desserts;
- Nice pictures, clear step-by-step instructions and nutritional information for each recipe;
- Keto diet tips during holidays;
- Basics and benefits of the Keto Diet.

Enjoy the holiday season and achieve your weight loss goals easily! Pick up your Copy now by clicking the BUY-NOW button at the top of this page!

For fifty years, the medical establishment has preached the same rules for losing weight: restrict calories, eat less, and exercise more. Yet in that time, obesity in the United States has skyrocketed. So why has this prescription so clearly failed? Based on twenty years of investigative reporting and interviews with more than a hundred practicing physicians who embrace ketogenic (low-carbohydrate, high-fat) eating as the best formula for health, here bestselling author Gary Taubes puts the keto movement in the necessary historical and scientific perspective. He makes clear the vital misconceptions about obesity and diet (no, people do not become fat simply by eating too much or being sedentary; hormones play the critical role) and uses collected clinical experience from the medical community to provide much-needed practical advice on healthy eating. A groundbreaking manifesto for the fight against obesity and diabetes, in *The Case for Keto*, Taubes reveals why the established rules about eating healthfully might be the wrong approach to weight loss for most people, and how ketogenic diets can help many of us achieve and maintain a healthy weight for life.

Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Low Carb Thanksgiving Dinner (FREE Bonus Included): 25 Guilt Free Traditionally Delicious Low Carb Recipes If you are looking for more healthier recipes to prepare for your loved ones not only during holidays such as Thanksgiving but any time of the year-then you are going to find this collection of low carb recipes not only healthy but they are yummy tasting. Your family is going to be requesting some of these recipes for you to make or perhaps make with them giving you a chance to spend some quality time with your loved ones while you prepare a healthy holiday meal together. In the fast paced world we live in today it is nice to know that you are able to offer your loved ones healthy meals that do not take a lot of time and effort to prepare but they are filled with healthy benefits. You have 25 different recipes to choose from

there will be something for everyone's taste in holiday meals or for everyday meals-you do not have to wait until Thanksgiving to make these recipes they are good any time of the year! Download your E book "Low Carb Thanksgiving Dinner: 25 Guilt Free Traditionally Delicious Low Carb Recipes." by scrolling up and clicking "Buy Now with 1-Click" button! Tags: low carb diet, low carb foods, low carb snacks, low carb breakfast, low carb diet plan, low carb, low carb food list, low carb diets, weight loss diet, low carb diet foods, low calorie diet, no carb meals, no carbs diet, foods low in carbs, how to lose weight fast, lose weight fast, low carb diet books, low carb, low carb cookbook, low carb diet for beginners, low carb recipes, low carbohydrate foods, lchf cookbook, lchf recipes, low carb high fat, low carb high fat cookbook, low carb diet manual, low carb slow cooker 50 delicious and fast crock pot recipes for guaranteed weight loss, slow cooker weight watchers, slow cooker weight watchers cookbook

Leanne Vogel, the voice behind the highly acclaimed website Healthful Pursuit, brings an entirely new approach to achieving health, healing, weight loss, and happiness through a keto-adapted lifestyle with *The Keto Diet: The Complete Guide to a High-Fat Diet*. For too long we've blamed dietary fat for weight gain and health problems. The truth is, a diet that's high in natural, healthy fats can actually help your body burn fat! That's the secret behind the ketogenic diet. As you get more of your calories from healthy fats and cut back on carbs, you'll start burning fat, losing weight, and feeling strong and energetic—without feeling hungry or deprived. The Keto Diet does away with the "one size fits all" philosophy offering a customizable approach that is tailored to the unique needs of the individual. Leanne provides the tools to empower everyone to develop a personalized nutrition plan, offering limitless options while taking away the many restrictions of a traditional ketogenic diet. A one-stop guide to the ketogenic way of eating, *The Keto Diet* shows you how to transition to and maintain a whole foods-based, paleo-friendly, ketogenic diet with a key focus on practical strategies—and tons of mouthwatering recipes. It includes:

- Over 125 healthy and delicious whole-food recipes that will help your body burn fat, including:
- Chicken Crisps
- Bacon-Wrapped Mini Meatloaf's
- Keto Sandwich Bread
- Waldorf-Stuffed Tomatoes
- No Nuts! Granola with Clusters
- Chicken Pot Pie
- Chocolate-Covered Coffee Bites
- Five 28-day meal plans that walk you through a month of eating keto
- Tools to make your high-fat life a breeze including guides for your favorite grocery stores, yes/no food lists, food sensitivity replacements, how to go dairy-free to reduce inflammation, and more

*The Keto Diet* will help you gain energy, lose weight, improve your health, and turn you into the ultimate fat-burning machine—all without restricting or even counting calories. You'll have all the tools you need to fall in love with your body and banish your fear of fat forever!

**25 Guilt Free Traditionally Delicious Low Carb Recipes.:** (Low Carbohydrate, High Protein, Low Carbohydrate Foods, Low Carb, Low Carb)

**Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently**

**How Keto Diet and Intermittent Fasting Helped Me Lose 162 Pounds in a Year: My Eating Plan, Why You Are Not Losing Weight & Low-Carb Burger Recipes**

**A Low-Carb Cookbook for Year-Round Entertaining**

**500 Recipes, from Snacks to Dessert, That the Whole Family Will Love**

**Ketogenic Diet**

**A Practical Approach to Health & Weight Loss with 100+ Easy Low-Carb Recipes**

**Hundreds of Delicious Recipes from Dinner to Dessert That Let You Live Your Low-Carb Lifestyle and Never Look Back**

*Based on more than 40 years of clinical research, this illuminating book unravels the mysteries of nutrition and shows how a low-carbohydrate/high protein diet can help prevent cancer, diabetes, heart disease, and obesity, as well as increase strength, endurance, and muscle mass.*

*Living Low Carb Controlled-Carbohydrate Eating for Long-Term Weight Loss Sterling Publishing Company Incorporated*

*This 3 Months Keto Diet Journal is a great help on your way to losing weight. This tracker and planner will help you to stay motivated while you track the data of your ketogenic diet. 180 pages (90 sheets) Letter format (8.5 x 11 inches 21.59 x 27.94 cm) Softcover Daily and weekly Progress Tracker for 90 days 12 weeks Keto Diet Planner Measurement Tracking Fasting Log Keto Year in Pixels Suggested Keto Friendly Foods Shopping Lists Pages for your Receipts etc. You want to stop having these endless cravings for unhealthy food. Writing a keto diet tracker journal will be the perfect helper to keep you on track on your 90 days Keto challenge. Start your keto diet now.*

*The ketogenic diet isn't just a great tool for helping people lose weight and feel their best; it's also an extremely effective method for treating the common diseases of civilization. The Keto Cure will give readers the prescription they need to heal their bodies by eating plenty of fat and moderating protein and carbs. Dr. Adam Nally has been advocating a low-carb, high-fat diet in his clinical practice for more than fifteen years, helping people address their health problems by making better food choices. Dr. Nally and bestselling low-carb author and podcaster Jimmy Moore have worked together to create a top-50 health podcast espousing the benefits of eating keto. Now, for the first time, Dr. Nally has teamed up with Moore to take his years of clinical experience, put everything down on paper, and create a how-to guide that details all the ways in which the ketogenic diet can help remedy common ailments. The Keto Cure details the science behind the keto diet's effectiveness at treating a wide range of diseases, including Alzheimer's epilepsy fatty liver disease hypercholesterolemia hypertension Parkinson's disease thyroiditis type 2 diabetes and many more The Keto Cure also outlines practical tips gleaned from Dr. Nally's fifteen-plus years in medical practice, as well as Moore's ten-plus years as a health and wellness podcaster, on overcoming the common pitfalls that people experience when adapting to a high-fat way of*

eating, including fatigue and keto flu. This helpful information, combined with a wide variety of delicious keto recipes from international bestselling cookbook author Maria Emmerich, makes *The Keto Cure* a complete resource for healing oneself with the ketogenic diet.

*INCLUDING: Keto for Beginners Guide, Keto Meal Plan Recipe Cookbook, Keto Dessert Recipes, Intermittent Fasting Beginners Guide This BUNDLE OFFER contains 4 BOOKS IN 1: 1) KETO FOR BEGINNERS: THE #1 COMPLETE GUIDE TO KETOSIS AND THE KETOGENIC DIET 2) KETO MEAL PLAN: YOUR COMPLETE 30 DAYS KETO-ADAPTATION RECIPE COOKBOOK (with macros & total carb/net carb calculation) 3) KETO DESSERT RECIPES: A YEAR OF SWEET TREATS FOR KETOGENIC AND LOW-CARB DIETS (with macros & total carb/net carb calculation) 4) INTERMITTENT FASTING: the #1 complete guide to fasting & long lasting weight loss (a complementary tool to pair with your Keto quest for better and really long-term results) Description: 1) KETO FOR BEGINNERS: -What is Ketosis and how does your body work -How do Keto diets achieve rapid weight loss -Which are the main differences between a Keto and other known diets -How to start and when to stop a ketogenic diet -Keto diets and sport and exercise -The effects of a Keto diet on pregnancy -How does a Keto diet help you squash migraines -A perfect Keto complete meal plan -The Keto meal Formula: how to create a keto meal plan -Keto recipes: breakfast, lunch and dinner with nutritional facts ....and much much more 2) KETO MEAL PLAN: - The complete monthly guide schedule for breakfast, snacks, lunch and dinner for your best and fastest adaptation to the Keto lifestyle! - Over 77 healthy and delicious whole-food recipes that will help your body burn fat and keep your cravings to zero For those who are brand-new to a ketogenic diet and those who are getting back on track after falling off the wagon, the first 30 days on a ketogenic diet can be challenging. Your 30-Day Ketogenic Meal Plan is not like most of the keto or recipes books you have read. It makes things simple, by eliminating confusion and some of the myths that exist in the low carb community and by laying out the milestones you must observe to have success on your keto quest. Offering a customizable approach that is tailored to the unique needs of the individual empowers everyone to develop a personalized nutrition plan, offering an incredible broad range of options for you to feel your everyday life can perfectly satisfy you even without (or at least with very low levels of) carbs. -Overview table of your 30 day Meal Plan - with macros & net carb calculations -Understanding your macros: how to deal with calorie and determine your right fat intake -How to manage protein intake so it is not too high or too low -How to deal with carbs: total carbs vs. net carb calculation -What to do to ensure you do not fall short on micronutrients -How to avoid Keto Flu -Breakfast recipes -Lunch recipes -Snack recipes -Dinner recipes ....each recipe is detailed with nutrition values and total and net carb calculation 3) KETO DESSERT RECIPES: -Ketoessentials: the essential equipment to become a real ketochef -Getting to know the ingredients of the Keto dessert Chef: Sweeteners -Getting to know the ingredients of the Keto dessert chef: Flours -Fat bomb recipes -Keto cake recipes -Keto chocolate recipes -Keto mousses & cream recipes -Keto ice creams -Keto traditional festivity recipes -Nutrition facts of the Keto dessert chef's main ingredients ....each recipe is detailed with nutrition values and total and net carb calculation 4) INTERMITTENT FASTING There's a reason why intermittent fasting has become one of the most popular eating pattern in the world: It works! You will learn: -How fasting can reduce your Insulin Resistance and Lower Your Risk of Type 2 Diabetes -How fasting can prevent and protect you against cancer -How to prevent health damage when fasting -A complete overview of the main intermittent fasting styles -An in detail explanation of the 16/8 Intermittent Fasting method -How to maximize intermittent fasting benefits pairing it with some plant-based foods....and much much more!*

*The High-Protein/Low-Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health--in Just Weeks!*

*The Complete Guide to Long-Term Low-Carb Dieting*

*Living Low-Carb*

*The South Beach Diet Cookbook*

*Low Carb Starter Pack - the Complete Beginners' Guide*

*The Complete Ketogenic Diet and Beyond*

*Easy Keto Desserts Bundle*

*Let's Celebrate*

Despite continuous advances in the medical world, obesity continues to remain a major worldwide health hazard with adult mortality as high as 2.8 million per year. The majority of chronic diseases like diabetes, hypertension, and heart disease are largely related to obesity which is usually a product of unhealthy lifestyle and poor dietary habits. Appropriately tailored diet regimens for weight reduction can help manage the obesity epidemic to some extent. One diet regimen that has proven to be very effective for rapid weight loss is a very-low-carbohydrate and high-fat ketogenic diet....

Keto Cure

Lose Weight the Smart Low-Carb Way

30 Days Low Carb (Keto) Diet Meal

And What to Do About It

How a Low-Carbohydrate Diet Can Save Your Life

Low Carb Diet

Simply Keto