

Keto And Detox Box Set (6 In 1): Learn How To Make Amazing Ketogenic Meals, Fat Bombs, Detoxifying Smoothies, Bone Broths And Vegan Dishes (Special Diet Weight Loss)

Revitalize with a cleanse you'll enjoy Unlike other cleanses you may have tried, the ones in this book are effective and satisfying. The Keto Cleanse follows a clean ketogenic diet, taking advantage of both the fat-burning power of keto and the healing effects of clean eating. By eating an abundance of nutrient-dense, whole foods designed to nourish your detoxifying organs and systems, this ketogenic diet will help your body do its job better. And with delicious recipes like Sesame-Crusted Tuna and Peach-Glazed Chicken Thighs, you'll begin to look and feel amazing. Your body will not only cleanse itself-it will thrive! This ketogenic diet book includes: The right choice for you-Choose from 3 detailed, 14-day plans--the keto cleanse, the elimination cleanse, or the intermittent fasting cleanse--each with shopping lists and prep instructions. Manage your success--Learn about meal prepping, sourcing high-quality ingredients, and what supplements you may need to succeed with a ketogenic diet. Lifestyle tips--Discover practical tips for cleansing in other areas of your life, including how to stay positive, eliminate environmental toxins, and move consistently. Cleanse your body with 3 specific 14-day plans and simplify your transition to a successful ketogenic diet.

Thinking of finally kickstarting your Keto diet journey? The Ketogenic diet is becoming increasingly popular due to the host of benefits that it promises one's health. After trying out so many diet plans, could the Keto diet finally be the one that works for you? In this Keto book, you get to learn everything about the Keto detox diet: how it works, why it is so effective, what Keto recipes you can try, and so much more. Our keto diet books aim to equip you as you take the first step towards achieving that lean, fit, and healthy physique that you've always dreamed of. Discover and experience the benefits of this healthy diet with The Ultimate Guide to a Successful Keto Detox Diet. Whether your goal is to lose weight, cleanse your system, or just feel better daily, the Keto detox diet is an excellent program to take on. This Keto diet book explains the importance of cleansing your system and how going on a Keto lifestyle can help you do that. Read about how the Keto detox diet can help you lose a considerable amount of weight in just one week — perfect for those who are looking to tone their bodies through a nourishing nutrition plan. The book also gives you plenty of Keto-friendly recipes that you can make for breakfast, lunch, and dinner! Find out how going high-fat and low-carb can change your life for the better. Enjoy 12 chapters that will serve as your complete guide to being successful in your Keto journey. In this book, you'll encounter: How to lose weight on Keto Cleansing drinks that you can make Mistakes to avoid while taking on this low-carb diet Basic and advanced cleansing methods you can follow Making your own Keto diet plan Today is the best day to start the journey to a healthier you. Add The Ultimate Guide to a Successful Keto Detox Diet to your cart NOW!

Finding quick and healthy recipes that fit your busy lifestyle is challenging. Dr. Colbert tackled this challenge and created his Quick and Healthy Keto Zone Cookbook that follows his proven Keto Zone diet. Not only can you quickly cook wonderful meals, but the meals you eat will help you lose weight, increase your energy, and help you feel great! Dr. Colbert shares his best tips for getting into the Keto Zone, provides a shopping list, and a simple meal plan to follow to help you stay in the Keto Zone no matter your schedule. The best bonus is you'll enjoy what you're eating too!

"There is no question that keto eating is the biggest diet trend in years. And it really works--dieters often report super-fast weight loss--but they also complain about the rigidity of the diet, as well as the flu-like symptoms that often accompany this high-fat/low-carb way of life. The solution? Add alkaline foods to your plate--leafy greens, other vegetables, broths, healthy oils, nuts, and seeds--for a lifestyle that's more sustainable and easier on your body"--

The Fat-Burning Power of Ketogenic Eating + the Nourishing Strength of Alkaline Foods = Rapid Weight Loss and Hormone Balance

Keto Cleanse

Kick start your new year with all the recipes from Tom's BBC TV series and more

Ketogenic Diet Plan : Get in the Zone to Detox, Reset and Cleanse Your Body, Burn Fat and Maintain Your Goal Weight

The Holistic Lifestyle for Losing Weight, Increasing Energy, and Feeling Great

Burn Fat, Heal Your Gut, and Reverse Disease With a Mediterranean-Keto Lifestyle

Lose Up to 15 Pounds in 10 Days!

Beyond Keto

Over 100 green smoothie recipes packed with vitamins, minerals, superfoods, and antioxidants Green smoothie recipes for weight loss, energy, detoxing, improving digestion, beauty, and more Step-by-step instructions for purchasing a blender, preparing produce and blending your own green smoothie ingredients A guide to shopping for produce, and when to buy organic Smoothies for all seasons and occasions, including Berry Basket Breakfast Smoothie, Banana-Walnut Wonder, Cucumber-Melon Cooler, and kid-friendly recipes like Chocolate-Covered Cherry

For those who are brand-new to keto and those who are getting back on track after falling off the wagon, the first 30 days on a ketogenic diet can be challenging. The 30-Day Ketogenic Cleanse is a guidebook for healing the body from the inside out. Most people attempting a keto diet do it completely wrong. Maria Emmerich, on the other hand, bases this cleanse on a true, well-formulated ketogenic diet, helping readers reset their metabolism, regain health, lose weight, and tap into increased energy levels.

The ketogenic weight loss program is an eating plan according to a procedure known asketosis. It is a certain status of the entire body that is recognized by an elevated level ofketones of the bloodstream, which happens because of the transformation of fat intofatty ketones and acids.This occurs once the body gets just tiny amounts of carbohydrates over a particulartime. If you begin with this diet type, the body goes through many changes. Within 24-48 hours of the start of the diet plan, the entire body starts to make use of ketones i.e.the energy kept in fat cells better.Put simply, the main source of energy turns into body fat (fatty acids), rather thancarbohydrates (glucose). Due to that, throughout ketosis, it is not really an issue toconsume meals with increased quantities of excess fat than would usually appearrealistic.

This smoothie detox is designed to be easy to read and use. Provides you with straight to the point recipes that you can get on your regular supermarket shopping and best of all It wont kick you of out of Ketosis!Whether you want to start a detox or maintain ketosis this recipe book is just right. It comes with nutritional information (for those that like to count their Macros) Each smoothie is guaranteed to deliver your required antioxidants and vitamins.

Eat the Foods You Miss and Still Lose Up to a Pound a Day

KETOGENIC GREEN SMOOTHIES

Sugar Detox

10 Keto Smoothie Recipes to Help You Detox, Lose Weight, Gain Energy and Jump Start Your Healthy Living

Lose Up to 15 Pounds in 7 Days and Turn Your Body into a Fat-Burning Machine

Detox with Ease

Keto Diet 50

Diet Collection

If you always wanted to find a good way to lose weight and you don't want to stick with your strict diet and harmful exercises if you struggle with one of these diseases: autoimmune diseases, diabetes, cancer If you have gastrointestinal disorder such as FODMAP, problems with the absorption of sugars and fiber or you are an insulin-resistant person If you want to help someone who suffers from dementia and Alzheimer's disease If you've always wanted to find tasty and healthy recipes for weight loss and fat burning, but you didn't want to struggle with restrictive dietary habits If you want restore brain functions If so, then you've come to the right place. Then keep reading! This book serves as an excellent guide on how to follow the Ketogenic and Vegan Keto Diet and a healthy lifestyle. This book will provide you with: all what you need to succeed with the Keto Diet: simple cooking ideas, safe and non-demanding weight loss strategy, guidelines for adopting healthy habits the strategy of how to achieve long-term success European Journal of Clinical Nutrition shows that ketogenic diets are commonly considered to be a useful tool for weight control and many studies suggest that they could be more efficient than low-fat diets. Other American studies demonstrated that people on the Keto Diet lost more weight and were less hungry and felt fuller for longer than people on other diets! The Results of this study show an average weight loss of 3.5 lbs per week. In fact you can lose even more than 7.5 lbs in your first week! Here's just a tiny fraction of what you'll discover: Consistent and long-term weight loss strategy doesn't have to be difficult! Even if you tried many other diets, detox methods and cleanses without permanent results, it doesn't mean it always has to be this way. You will meet 14 Celebrities Who Ditched Meat to Go Vegan or Vegetarian and 5 Celebrities Who Are Obsessed With The Ketogenic Diet and learn how celebrities like Vanessa Hudgens, Gwyneth Paltrow, Halle Berry, Kim Kardashian used Keto to transform their bodies and improve health How to save over 100\$/week with just one simple change in your shopping habits How to lose 30lbs in few weeks without doing harmful exercises The 10 important things you should know about the keto lifestyle before you start A list of Keto-friendly and tasty Keto-friendly recipes A list of Keto-friendly drinks - you always thought that going Keto means you can't drink alcohol, right? Wrong! And here's the proof! 28 cheep, tasty Keto-friendly recipes and list of Keto-friendly meals you can order in your favorite restaurants - so you can still go out to eat with your friends The biggest mistake people make while being on Keto diet, and you'll learn how to avoid it! ...and much, much more! Take a second to imagine yourself after losing much weight and picture how your family and friends will react when they see the new, healthier version of you for the first time. And if you have a burning desire to lose weight, to feel good and look like you have always wanted, then scroll up and click "add to card"

Dr. Hyman's revolutionary weight-loss program, based on the #1 New York Times bestseller The Blood Sugar Solution, supercharged for immediate results! The key to losing weight and keeping it off is maintaining low insulin levels. Based on Dr. Hyman's groundbreaking Blood Sugar Solution program, THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET presents strategies for reducing insulin levels and producing fast and sustained weight loss. Dr. Hyman explains how to: activate your natural ability to burn fat--especially belly fat; reduce inflammation; reprogram your metabolism; shut off your fat-storing genes; de-bug your digestive system; create effortless appetite control; and soothe the stress to shed the pounds. With practical tools designed to achieve optimum wellness, including meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET is the fastest way to lose weight, prevent disease, and feel your best.

Sugar Detox: Time To Cut Your Carbs! 150 Low Carb Recipes To Improve Your Health And Lower Your Weight Book#1: Low Carb 101: Low Carb Diet - Proven Way to Lose 15 Lbs (7 KG) In Two-Week Challenge Without Even Trying Are you struggling to shed your extra pounds? You are not alone because numerous people are struggling to get rid of stubborn fat of their body. Various diets are available in the market, but each diet has its benefits and limitations. You have to focus on one formula "eat fewer calories and burn more." Low carb diet is a good way to recycle carbs and increase your metabolism. This diet will help you to reduce your weight quickly and improve your overall health. The low carb diet is extremely helpful for everyone to increase their metabolism and melt your body fat. In this book, you will learn the principles of low carb diet and follow it to reduce weight. Low carb diet has been scientifically proven to result in better health and more weight loss as compared to low-calorie and low-fat diet. This book offers: Book#2: Low Carb Casseroles: 25 Super Delicious Low Carb Casseroles for Weight Loss The book is divided into chapters and there are five top recipes under each chapter. You can choose any you like accordingly. Here is the list of chapters which this amazing eBook covers: Book#3: Low Carb Soups: 25 Best Delicious Filling Soup Recipes for Weight Loss The best thing about enjoy low carb meals is that they only help you eliminate carbohydrates from your diet which can become very hard to control in the long run. Carbohydrates not only lead to quick hunger pangs but they contain a lot of starch that only causes weight gain. By giving by the carbs in your diet, you will be able to burn your fats in a much better way and enjoy meals that are wholesome and nutritious and keep you full for longer time. Book#4: Low Carb Meals: Top-20 Quick&Easy Delicious Low Carb Recipes To Lose Weight Fast Adopting a low carb diet means saying goodbye to sugar products, sweeteners, potatoes, pasta and bread. However, as this book will show, you will quickly realize that there are a significant range of alternative products which can provide delicious alternatives to the usual potatoes, pasta and bread. Book#5: Keto Bread Cookbook: Real Low Carb Recipes Bread is impressive as it appears in a huge range of guises: virtually all shapes and sizes can and are produced. It can fulfill a variety of roles in your diet. It is interesting to note that the majority of recipes which are designed to encourage ketosis are also excellent choices for anyone with a glucose tolerance issue. The issue is, as bread is often used to fill a gap in your diet, how can you ensure your body is getting all the nutrients it needs without consuming this high calorie option. The answer lies in the following recipes where you can discover delicious, healthy alternatives which are low in carbohydrates and will boost your ability to get things done! Book#6: Instant Pot: 23 Real Ketogenic Diet Recipes For Electrical Pressure Cooker This book will guide you through using the electric pressure cooking and the benefits it offers in cooking low carb meals: Book#7: Sugar-Free Summer Treats: 40 Low Carb Ice Creams, Slushies, Cocktails And Lemonades The recipes in this book are all designed to be simple and to use products which you will usually have at home. This makes it easier, cheaper and more practical to create your own refreshing drink than it is to buy one; where you may not be certain of which ingredients are included. Download your E book "Sugar Detox: Time To Cut Your Carbs! 150 Low Carb Recipes To Improve Your Health And Lower Your Weight" by scrolling up and clicking "Buy Now with 1-Click" button!

The holiday season is supposed to be a time for enjoyment and celebration. Parties, dinners, groaning tables laden with delicious food and rows of bottles to sluice it all down. But what if all those sneaky extra calories take their toll and add pounds and inches to your waistline? And why is it so difficult to drop the extra weight that we pick up during the holidays? Don't panic. The answer is right here and it's the tastiest way to flush out the toxins and eliminate those unwanted rolls of fat. It's the Paleo Keto Post-Holiday Detox Diet (PKD Diet)and the science of smart nutrition is standing by to rescue you from the effects of overindulging around the dessert trolley!The Paleo-Keto Detox Diet understands exactly how the human body is supposed to function. Here is how it will help you!*** The PKD Diet recognises precisely how to cleanse and fuel every cell in the body. *** The Paleo Keto method respects your body's need for high grade energy.*** Your personal detox programme will eliminate the accumulation of holiday garbage and get you back on track to a leaner, fitter, healthier body.*** The PKD Detox Diet will speed up your metabolism and kick-start your fat-burning engines.*** Paleo-Keto is quite amazingly delicious so you can enjoy every meal and relish every mouthful.*** Paleo Keto works wonderfully before, during and after the holiday season so you can incorporate the methods into your daily eating routines.The system focuses on a three-week period for cleansing and detoxing the body and will trigger a natural period of fat burning and weight loss. It can feel so good and so easy to apply that many people adopt the smart nutritional approach as a super-healthy, all year around answer to all of their nutritional needs. Don't get trapped over the holidays by all those extra calories. Don't resign yourself to a wider waistline and an extra layer of blubber around the middle. The Paleo Keto Post-Holiday Detox Diet will save the day, trim your tummy and boost your energy every day. Here are some additional benefits you will enjoy"Eliminate the harmful, inflammatory foods that promote disease and store fat"Switch your metabolism from sugar-burning to fat burning and watch the weight drop off"Discover the miracle of your body's natural ability to run perfectly on your excess fat deposits"Feel the amazing increase in energy levels as your body fuels itself using ketones instead of sugars"Notice the boost to your mental faculties as your brain switches to burning ketone fuel"Reduce the risk of disease by removing the factors that encourage poor health"Revolutionise your health by respecting the way your body has evolved"Understand the dynamics of intelligent nutrition"Enjoy some of the most delicious, nutritious and healthy food your body can thrive on"Take advantage of the latest and most surprising discoveries about what constitutes great nutritionCelebrate the festive season with a revolution in your health, your waist size and your enjoyment. Because your health is the greatest gift you can give yourself.

One-Pot Keto Cooking

Keto Diet Advanced

Keto For Women

Detoxify, Nourish, and Restore Your Body for Sustained Weight Loss...in Just 5 Days

Lifelong Weight Loss in 21 Days

Healthy Easy Ketogenic Recipes for Weight Loss and Gain Energy (low-Carb Diet Recipes, List of Healthy Drinks, Do Detox Drinks Work, Low Carb Snacks Sweet, Ketosis Diet)

Extreme Transformation

Keto Cookbook for Weight-Loss

Lose Weight, Gain Energy & Feel Fantastic With Paleo & Ketogenic DietingTHE ULTIMATE BOX SET TO LOSE WEIGHT & FEEL GREAT!Presenting To YouEnjoyable, Sustainable Diets Designed Primarily For Results.. No BS Let me ask you a few quick questions.. Are you tired of following fad diets that yield no results? Have you been starving yourself to lose weight? Are you training hard, yet struggling to see results? Do you wish you could drastically improve your health with a few small diet changes? Are you stressed and unhappy? If you answered 'Yes!' to any of the above this box set is a must read. Here is A Preview Of What Primal Paleo Contains:An explanation on what the Paleo diet is why you should be following a Paleolithic diet A look into the history of the Paleo diet, the diet that has stood the test of time A comprehensive list of Paleo approved and disapproved foods Calories & Macronutrients Explained A guideline for your Paleo meal plan Several delicious Paleo sample recipes How to smoothly transition into a Paleo regime The only recommended supplements to use while following a Paleo diet And much, much more! Here is A Preview Of What Ketogenic Kickstart Contains:An explanation on what the Ketogenic diet actually is, along with the top reasons why you should be following a Keto diet A look into the history of the Ketogenic diet A comprehensive the Ketogenic diet Discussion of the 3 different types of Ketogenic diet, targeted towards athletes Calories & Macronutrients explained, along with how to specifically calculate them for yourself A look into why you should be incorporating refeeds into your diet Keto approved & disapproved food lists How to transition into Ketosis, what t Ketogenic state The only recommended supplements to use while following a Ketogenic diet How to accurately track your progress And much, much more!

Tom Kerridge shows you how to be the boss in the kitchen and eat well every day, thanks to more than 100 brilliant recipes to give you and your family a fresh start. What's for dinner tonight? Recycle that takeaway menu, step away from the microwave and make the most of the amazing British produce with some real home-cooked food! quick peanut chicken stir-fry or flavour-packed butternut squash and chickpea curry. At the weekend, Tom's Greek-style roast lamb makes the perfect family feast, and why not get the kids involved in the cooking too? It's very easy to fall into the busy-life trap, especially when ready meals are so convenient. But Tom Kerridge has learnt from control over what you eat for the sake of your health and happiness. Now he wants to show you how easy it is to cook amazing meals at home, whether you're short on time or lack confidence in the kitchen. Tom Kerridge's Fresh Start is not a diet book, but it is about taking control. If you cook from scratch, you know exactly what is going on for everything that you and your family eat. And with Tom's guidance, you know it will taste amazing too! Including more than 100 delicious recipes for breakfast, quick and easy meals, lighter dishes, veggie suppers, batch cooking, weekend feasts and sweet treats. 'Tom is the perfect person to kick us into a fresh start this new year' GO International bestselling author, Leanne Vogel delivers the ultimate resource guide for women looking to take charge of their health through a fat-fueled, ketogenic diet. Leanne draws upon her many years of experience as a Nutrition Educator as well as her personal success to bring women this first-ever custom built nutrition program that Women delves into what the keto diet is (and is not) and how women can reap the many health benefits by using a targeted method specifically designed for their bodies. Throughout her book, Leanne teaches women how hormone imbalances cause many of the negative symptoms they experience and what keto foods and protocols will help. how to understand their bodies, they will be empowered to find solutions that are right for them as individuals and stay in control each step of the way. Leanne sheds new light on the role nutrition plays in: thyroid imbalances, menopause, PCOS, adrenal fatigue, pregnancy, menstrual cycles, sex drive and more. She also details the positive mental well-being giving women a path to total health, mind, body and soul. Keto for Women provides customizable resources with ingredients that target and balance specific health problems. Leanne also offers maps that you can follow to develop personalized meals that are based upon the ingredients chosen for your unique needs. Keto program (happyketobody.com) that has helped more than 3,000 women take charge of their health, using a customized ketogenic diet to balance their bodies.

Where To Download Keto And Detox Box Set (6 In 1): Learn How To Make Amazing Ketogenic Meals, Fat Bombs, Detoxifying Smoothies, Bone Broths And Vegan Dishes (Special Diet Weight Loss)

Enjoy Delicious & Healthy Ketogenic Recipes for All Tastes!

Keto Drinks and Sweets

Complete Keto

The “I Love My Instant Pot®” Keto Diet Recipe Book

10 Day Detox and Cleanse. Lasting Weight Loss for Everyday Life

Reboot Your Metabolism in 21 Days and Burn Fat Forever

75 Delicious Low-Carb Meals for the Busy Cook

Primal Paleo: A Beginners Guide to Lose Weight, Detox, Improve Health & Ketogenic Kickstart: A Beginners Guide to Low Carb Weight Loss, Detoxification & Improved Health

Take the Stress and Mess Out of Keto Cooking Cut back on the clutter with high-fat, low-carb meals that can be whipped up in just one pot or pan. From mouthwatering sheet pan meals like Blackened Salmon with Chimichurri to skillet meals that you can prepare in just 30 minutes like Harissa Pork Chops and Squash, these recipes make cooking Keto-friendly meals for you and your family quick, easy and—most importantly—delicious. Breakfast has never tasted as good as it does with Mushroom and Leek Frittata or Pumpkin-Spiced Keto Granola. Clean up couldn't be easier with warming one-pot soups and stews like Hearty Keto Zuppa Toscana and Creamy Chicken Potpie Soup. And nothing can beat crowd-pleasing oven-baked dinners like Incredible Eggplant Parmesan and Easy Chicken Enchilada Skillet. With tasty meals for every occasion from quick weeknight dinners to date night favorites, you'll be cooking from this standout collection of recipes again and again.

From the bestselling author of 10-Day Green Smoothie Cleanse, an exciting new keto-cleanse that delivers rapid weight loss with low-sugar smoothies and hearty low-carb meals. The 14 Day New Keto Cleanse combines the health benefits of green smoothies with the fat-burning benefits of keto for maximum weight loss. The green smoothies that JJ is famous for get a low-sugar revamp, with new recipes featuring 15g or fewer net carbs and tasty ingredients such as chocolate, berries, avocado, and much more. This book contains everything you need to change your life in fourteen days, with comprehensive shopping lists, daily meal and movement guides, and plenty of opportunities to customize the plan. Featuring thirty-five easy recipes ranging from Turkey Pumpkin Chili to Pepperoni Parmesan Crisps, you can feel full and satisfied each day! Each recipe is low-sugar, low-carb, and packed with nutrient-rich ingredients that taste great. In just fourteen days, you can kickstart your body into a healthy state of fat-burning ketosis, experience quick weight loss, and lay the foundation for a longer, healthier life!

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 burns 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.

Achieve optimal healthy living and effective weight loss through Dr. Colbert's Keto Zone Diet. Learn what the Keto Zone is, why the Keto Zone diet works, and how to put the Keto Zone diet to work for you. Forget every traditional dieting program you've heard of, or even tried. Dr. Colbert's Keto Zone Diet revolutionizes the dieting industry by helping you lose weight without starving yourself, feeling hungry, or losing energy by following a high fat, low carb, and moderate protein diet. Dr. Don Colbert provides special ketogenic recommendations for those with cancer, high cholesterol, Alzheimer's, and many other ailments. Following the Keto Zone diet will help you burn fat, balance appetite hormones, lose weight, and reverse or prevent many diseases! This book includes: -A 7-day meal plan -A shopping guide for the ketogenic lifestyle -A guide for clearing your fridge and pantry of the unhealthy foods that keep you out of the Keto Zone -Instructions on checking your ketosis levels and maintaining your unique Keto Zone Start reclaiming your health today through Dr. Colbert's Keto Zone Diet!

Activate Your Body's Natural Ability to Burn Fat and Lose Weight Fast

Dr. Colbert's Keto Zone Diet

Beginner Guide To Intermittent Fasting, Keto Diet, Apple Cider Vinegar Therapy, Dry Fasting

14-day Plans to Reset With a Clean Ketogenic Diet

10-Day Green Smoothie Cleanse

Your Ultimate Guide to Maximum Weight Loss and Great Health

The Ultimate Guide to a Successful Keto Detox Diet

21 Day Keto Diet and Intermittent Fasting For Rapid Weight Loss

Chris and Heidi Powell, hosts and transformation specialists from the hit TV show, Extreme Weight Loss, now share their proven, life-changing, step-by-step guide for losing weight and keeping it off in their first co-authored book, Extreme Transformation. They are the hosts of television's most popular weight-loss documentary show, Extreme Weight Loss, and now the Powells provide a blueprint for changing your health in just 21 days. Whether you're looking to lose the baby weight, that last ten pounds, or several hundred, this is the program that can change your life forever. They share their most effective secrets for weight loss success through diet and exercise and go into detailed focus on how to develop a powerful, sustainable mental change to keep the weight off forever. With their help, readers will "see" the hidden path of transformation; be guided through fast and fun exercises; enjoy loads of recipes (both quick and gourmet) along with advice for food shopping, preparation, and more! With an incredible expansion of the Carb-cycling core that has driven Chris's first two national bestsellers, the Powells guide you from the very first step to reach your ideal weight and transition to lifelong maintenance--high-impact results in as little as three weeks.

The New York Times bestselling 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health as you lose ten to fifteen pounds in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes, and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will... • Lose 10-15 pounds in 10 days • Get rid of stubborn body fat, including belly fat • Drop pounds and inches fast, without grueling workouts • Learn to live a healthier lifestyle of detoxing and healthy eating • Naturally crave healthy foods so you never have to diet again • Receive over 100 recipes for various health conditions and goals
Nutritious Ketogenic Recipes For Breakfast, Lunch, and Dinner - Keto Diet Body Cleanse Cookbook is an amazing recipe book that will help individuals through an amazing body cleanse through using a high fat low carb diet called the Ketogenic Diet. This body cleanse will help the fat burning process of your weight loss journey. This book is written for quick and easy meal prep for beginners, women over 50, and others who desire to shed fat. Ketogenic Body Cleanse Cookbook Includes: Simple step by step meal prep guide for beginners. Many recipes to choose from breakfast, lunch, dinner, and desert for your nutritious diet. Experience a full keto body cleanse over the course of your diet. This book will help guide you through your weight loss journey with nutritious recipes to fully cleanse your body with the keto diet. Are you ready for the keto detox cleanse?

The Ultimate Diet Collection. Master The Teachings of these three books and you shall never have to worry about weight loss ever again! This Diet Collection contains Keto Diet For Beginners, Intermittent Fasting , Intermittent Fasting For Women and Ketogenic Diet For Women. In “Keto Diet for Beginners”, you will discover: ● What stands behind the mysterious “keto” in the diet’s name ● What to limit to 5% in your daily menu to achieve astounding results ● 11 tips to make following the keto diet easier than ever ● 4 simple ways to go keto for everyone ● 10 food groups that stand between you and success ● Delicious alternatives you can eat as much as you want to satisfy your cravings ● How to improve your health with nutritious supplements instead of empty pills ● 7 stunning health benefits from the keto diet In Intermittent Fasting for Women and Ketogenic Diet for Women, you will discover: ● How and why combining intermittent fasting and the keto diet makes for the ultimate, fool-proof weight loss method ● The best way to tackle your diet plan to ensure consistency, overcome plateaus, and achieve your goal weight ● Any roadblocks you may face during your diet, and how to push past them ● The #1 benefit of this diet combination that triumphs all the other methods available out there ● 15 keto-friendly recipes to use as inspiration for future meal planning, as well as to beat food boredom with ● The secret to how you can make this plan feel like second nature in your everyday life routine ● A fully outlined 30-day meal plan to help you jump-start your diet and get a feel for what foods you should be eating In Intermittent Fasting, you’ll discover: ● A step by step guide to getting your first fast started ● 6 different diet plans suited to your weight loss needs ● The myths of fasting, demystified ● The trick to find a diet you love, and stick to it! ● The perfect balance between exercise and fasting ● A summary of supplements, necessary or just another scam? ● The secret to fitness and weight loss that celebrities exploit And so much more. If you never wanna have to worry about looking too fat to go to the beach and having to lose weight ever again then this collection is for you!, just scroll up and click the “Add to Cart” button right now.

Keto-Green 16

The Keto Miracle: the Best Damn Keto Diet Recipes on the Web

Weigh Less and De-Stress with Healthy Fats and Detox Faster

Keto Diet Plan to Healthy Eating and Detox for Weight Loss

Everything you need to know to start and stick to the keto lifestyle

Tom Kerridge's Fresh Start

Keto Meal Prep

Keto Diet Body Cleanse Cookbook

Discover How Women & Men Over 50 Are Dropping Pounds Like Crazy with The Easiest, Fastest, and most natural way, without difficulties exercising. All while eating more delicious foods than ever before! Keto Diet Bible over 50 includes... Book 1 - Keto after 50 Book 2 - Keto Diet Cookbook After 50 Book 3 - Keto Diet Cookbook for Women After 50 Within this collection I will explain how to reset your body and get back in shape in no time. If you are over 50 years old you might have noticed that your body has inevitably started to change, you have probably gained a substantial amount of weight that you can no longer stop, made worse by an incorrect lifestyle. According to a report by the Center for Disease Control, the rate of obesity in the U.S. has skyrocketed. In total, about 70% of Americans are obese or overweight, increasing problems such as diabetes, blood pressure, arthritis, having a stroke, impotence, cancer, depression and anxiety. However, If you are here it's because you do not want to be just another statistic. I will show you how other people before you have changed their lives thanks to the benefits of the Ketogenic lifestyle: - The excess fat (especially around the belly) dissolves quickly.... - Earning an extra ton of energy that most adults forget is even possible ... - All while eating food more delicious than ever before... - Without suffering from constant hunger ... -And without craving sugar or other unhealthy foods as with most diets. You'll be able to wear jeans you haven't worn in decades and see your doctors shocked by your new healthy numbers. And this is because the keto diet puts your body in a state of ketosis. This means that your body uses its own fat as fuel. Most people have their bodies programmed to use sugar as fuel... But when you are in ketosis and your body uses fat as fuel, that is when you can experiment: - Radiant energy all day long - Your mood and your happiness coming to life again - Brighter and smoother skin - Snap out of the brain and mental fog - The excess weight is practically melting away your problem areas - Your libido is awakening, roaring to life again The best part? You won't have to spend hours in the kitchen or stress over long Google searches. Thanks to more than 440 simple keto recipes with nutrient percentage list, all perfectly designed for men and women after the age of 50. In addition, for those who want to put things into turbo, there's the 7-Day Detox to purify the body and as well as THREE food plans of 30 days you can start immediately to help you avoid wasting time while maintaining your motivation. This collection is designed for both men and women after the age of 50 who want to take this path alone but perfect for those who want to do it as a couple. There is no better way than that! Within the collection I will reveal you in detail: - What the Ketogenic Diet is and how it works - Why it is perfect for after 50 - Why the General Ketogenic Diet is not good after 50 years of age - How to extend your life and prevent diseases - Benefits and Myths Of Exercising For Seniors - Step By Step Keto Diet Plan For people aged 50+ - The 2 latent menopausal monsters that are crawling in your body - The types of food approved and those to avoid - Tips you how to prepare your kitchen And much, more... With Love, Jillian Collin

Why is almost everyone so hyped up about the ketogenic diet? Maybe you're on the fence and you just want to discover what the ketogenic is about. Or maybe you know the basic demands the diet places on its fans, but you wonder what is truly at the bottom of it. I guarantee you that once you complete the publication, all of those things are going to become clear to you, and that you will not continue to be ignorant about some of the facts that connect to this diet. You will read, among others, about: - The absolute most important reasons that plenty of individuals have done well with the ketogenic diet. - Study results and scientific facts that will certainly astound you. - How the ketogenic diet plan connects to various other diets, and how it is so different. - Common reactions you will very likely experience as you end up in ketosis. - The best tips out there about muscle mass, body fat, and so forth. - Plus a whole lot more that I won't mention here. Skipping on information like this would be a bad thing. As a result, give yourself a breather and help your health by having knowledge of your body and the systems it endures whenever eating certain types of foods. Get the book already. You deserve it.

Diets like Keto and Mediterranean are great, but now there's something better! This book will empower you to lose weight, heal your gut, and reverse disease with information and recipes for a healthy, low-carb, anti-inflammatory lifestyle. New York Times best-selling author Don Colbert, MD, has created a new dietary lifestyle, the Beyond Keto lifestyle. Beyond Keto blends the best of both worlds, the Ketogenic and Mediterranean diets, and combines them with cutting-edge research on gut health. The key is eliminating foods that cause inflammation. If you've tried a conventional Ketogenic or Mediterranean diet and still feel bloated, sluggish, or your weight loss has plateaued, Beyond Keto gives you the guidelines to go deeper in a low carb/anti-inflammatory lifestyle that empowers your body. In Beyond Keto, Dr. Colbert teaches you how to: Balance Your Hormones and Heal Your Gut Eliminate Inflammation and Related Diseases Boost Your Energy and Increase Longevity Shift Your Body Into Fat-Burning Mode Give your body what it needs to conquer disease and lose weight for good. Start living the Beyond Keto lifestyle today. Beyond Keto Cookbook also available: ISBN 978-1-63641-084-5

DiSpirito "shows you how to lose up to fifteen pounds in fifteen days by eating gourmet, keto versions of the comfort foods you love. You'll find recipes for chocolate glazed donuts, cinnamon roll bites, mac and cheese, keto fried chicken, spaghetti squash carbonara, and meat lovers cauliflower pizza that deliver the same flavor with a fraction of the carbs"--

Quick and Healthy Keto Zone Cookbook

A Step by Step 30-Days Meal Prep Guide to Make Delicious and Easy Ketogenic Recipes for a Rapid Weight Loss

The 14-Day New Keto Cleanse

Rocco's Keto Comfort Food Diet

7-Day Apple Cider Vinegar Cleanse

A 3-Step Guide to Uncovering Boundless Energy and Your Happy Weight

Lose Up to 15 Pounds in 2 Weeks with Delicious Meals and Low-Sugar Smoothies

Time to Cut Your Carbs! 150 Low Carb Recipes to Improve Your Health and Lower Your Weight

Useful low carb cheap drinks for a healthy lifestyle! In this book, recipes keto drinks and desserts for the holiday, relaxation and just evening tea. Without sufficient fluid intake, the normal functioning of the body, maintaining internal balance and metabolic processes is impossible. Most important is the use of water. But we also want tasty drinks, fruit and vegetable juice, aromatic tea and coffee, light shakes and lemonade, which are not only tasty but also healthy. These delicious, tasty healthy drinks, hot and cold cocktails, mousses, coffee, shakes, lemonade, and low carb snacks sweet will help you maintain ketosis and diversify your ketogenic diet. Many recipes in the composition contain water, sometimes in the form of ice, which is necessary for the body to moisten and properly absorb nutrients. With the help of these keto recipes, you can make fragrant tea or coffee with spices, keto smoothies mix, and yogurt that can replace a full-fledged dinner in a matter of minutes. These best healthy drinks for energy will support you between breakfast and lunch, fill you with healthy fats and natural sweeteners. Take from them all the valuable natural wealth! Each recipe is supplemented with a photo, calculated the caloric content and step-by-step cooking instructions. Give yourself a useful book Keto Drinks and Sweets with which you will be on the right path to the desired weight, energy and health!

“From poached eggs to quick chicken parm, the book is packed with 175 keto-approved recipes you can make in a jiffy, with easy cleanup to boot.” —Health.com Authorized by Instant Pot—the cookbook that makes using your Instant Pot easier than ever! The first cookbook to combine the hottest diet trend—the ketogenic diet—with the hottest kitchen appliance—the Instant Pot, featuring 175 low-carb, high-fat recipes for fast, delicious meals the whole family will love. The ketogenic diet is one of the most popular diets right now—and for good reason. It combines a customized carbohydrate restriction, moderation of protein intake, and real food-based fats. Followers of this lifestyle experience weight loss and improved energy, never feel deprived thanks to its flavorful, natural whole foods! Emerging research is also showing this diet improves a wide range of diseases, from Type 2 diabetes, to Alzheimer's, and more. Featuring photographs throughout, "I Love My Instant Pot" Keto Diet Recipe Book will show you how you can use the hottest kitchen appliance—the Instant Pot—to create keto meals that are quick, easy, and most importantly, delicious. The Instant Pot can make cooking almost six times faster while using seventy percent less energy than traditional cooking methods. The Instant Pot is the only gadget that can replace a slow cooker, rice cooker, and stockpot, and this is the only cookbook with keto diet recipes for this device. You will learn how to make satisfying, whole-food dishes for every meal from breakfast to dinner, snacks to desserts—and something for everyone at your table!

Are you looking for new ketogenic diet recipes? Are you hoping to free up more of your week? Are you interested in what meal prepping can offer you? 'Keto,' from the word ketosis, is made from Ketones, the term for the body's energy molecules. This is a second source of energy for the body that is utilized when glucose (blood sugar) is insufficient to meet the body's needs. Ketones are generated when the number of carbohydrates (the major source of glucose) consumed is very little, in combination to a limited amount of protein (additional protein is converted into glucose.) Under these conditions, the liver converts fat to ketones which are then transported into the bloodstream. The body cells use this as a source of energy, glucose. They can also be utilized by the brain. This is essential, as the brain cannot get its energy directly from fat, and it is a rapid energy-consuming organ. 'Keto,' from the word ketosis, is made from Ketones, the term for the body's energy molecules. This is a second source of energy for the body that is utilized when glucose (blood sugar) is insufficient to meet the body's needs. Ketones are generated when the number of carbohydrates (the major source of glucose) consumed is very little, in combination to a limited amount of protein (additional protein is converted into glucose.) Under these conditions, the liver converts fat to ketones which are then transported into the bloodstream. The body cells use this as a source of energy, like glucose. They can also be utilized by the brain. This is essential, as the brain cannot get its energy directly from fat, and it is a rapid energy-consuming organ. Here's a sneak preview of what's inside of this book: ʘwhat's keto and how to get started ʘ a 28 meal plan ʘ tons of ketogenic recipes ʘ tips and tricks of a ketogenic lifestyle ʘ FAQ Get your copy! New York Times best-selling author and expert trainer Drew Manning offers a ketogenic lifestyle reset that really works. His highly accessible program is filled with the practical tools, emotional support, and real-life wisdom readers need to get lasting results. Keto for your life! A ketogenic diet can kick start incredible weight loss, cut through brain fog, boost your energy, and even relieve some health conditions by reducing inflammation throughout your body. It can also be difficult to stick with once the two, three, or four weeks of a program are up. Lifestyle changes just aren't sustainable if you don't have the right support. This is where health and fitness expert Drew Manning comes in--with a solution that goes way bey willpower. Complete Keto offers a total ketogenic lifestyle reset that's based on a deep understanding of the challenges in living keto, as well as the benefits it brings and the science that makes it work. It's keto for life--your life. In these pages, you'll find: • All the nuts and bolts of keto, including what to eat, what to avoid, and how to adapt the plan if you're veg vegetarian • Drew's signature 30-Day Keto Cleanse to jump-start your journey • A second-phase plan for living keto long-term • More than 75 delicious recipes for eating keto, illustrated with mouthwatering photos • Easy-to-follow exercise routines • Supportive strategies for a journey of true transformation--in body, mind, and spirit Changing your lifestyle can be a no matter what diet you choose, but this authoritative, engaging book brings true transformation with keto within your reach. Drew's comprehensive program is filled with the practical tools, emotional support, and real-life wisdom you need to create lasting change and become the best version of you. Your keto journey begins here--and Drew is an amazing companion every step of the way.

From Poached Eggs to Quick Chicken Parmesan, 175 Fat-Burning Keto Recipes

A Complete Guide to Drop Weight, Detox Naturally, Revitalize Energy and Mood

The Complete Ketogenic Bible for People Over 50. Beginners Guide to Start Living a Happy & Healthy Life, Losing Weight Fast and Naturally (450 Keto Recipes)

The 30-Day Ketogenic Cleanse

A Guide to Transforming Your Body and Your Mind for Life

The Blood Sugar Solution 10-Day Detox Diet

The Paleo - Keto Post Holiday Detox

Detox Your Body And Begin Lose Weight With Simple Steps, Includes A Proven Purification System To Lose Up To 5 Pounds In 7 Days

This book contains proven steps and strategies on how to perform the 8:16 intermittent fasting diet properly and successfully. It also guide you to maintain the ketogenic way of eating and enjoy your favorite sweet treats sans the guilt. Have you ever seen Hugh Jackman's impressive physique in Wolverine? Will you believe me if I tell you that you can have Wolverine-like body, too? This diet will help you achieve the body you want without making yourself feel extremely hungry for days. You can achieve steady weight loss with intermittent fasting and still have enough energy to perform the things you love and enjoy life. Intermittent fasting is not an entirely modern invention. Our ancestors have been doing this. We have been performing this unknowingly. We have done IF at some point in our lives but we are unaware of it. This book will give you all there is to know about IF. Moreover, you will also learn how to perform the 8:16 IF diet properly to achieve your best form and healthiest status. Also, You will find steps and strategies on how to use apple cider vinegar for health and beauty the natural way. In this book, you will find: Recipes for detox and weight loss Recipes for better skin health Benefits of ACV How to make apple cider vinegar at home This book will also teach you how this wonderful vinegar can help make you healthier, look younger and feel better. From now on, you will no longer throw your apple peels and cores as you can turn them into something wonderful and important.

JJ Smith, author of the #1 New York Times bestseller 10-Day Green Smoothie Cleanse, provides an all-new and accessible detox system that rids the body of unwanted fat and bacteria for renewed energy and lasting weight loss. In the tradition of certified weight loss expert and nutritionist JJ Smith 's 10-Day Green Smoothie Cleanse, Think Yourself Thin, and Green Smoothies for Life, comes the 7-Day Apple Cider Vinegar Cleanse. This revolutionary cleanse includes meals and drinks that help support the body 's natural detoxification process and promote a healthy environment for good bacteria in the body. All of the new and delicious 25 recipes for breakfast, lunch, dinner, and snacks will effectively help rid of your body of toxins and unwanted fat in just 7 days, jumpstarting your journey to permanent weight loss.

So many diets work for a short while, but then you pile all the weight back on. Not this one - the Keto diet will help you lose weight fast and the Intermittent Fasting plan can help you maintain your weight. And you can see results in just 21 days!

Combat and prevent the effects of burnout with a detoxifying and nourishing cleanse program that liberates your body from poisons that make you sick, tired, and overweight—from the New York Times bestselling author of Dr. Kellyann's Bone Broth Diet and The 10-Day Belly Slimdown " If you are feeling tired, unhealthy, and emotionally burned-out and want a fresh way to rejuvenate, Kellyann has a message for you: she 's been where you are. And she knows the way out. " —Mehmet Oz, MD " Dr. Kellyann Petrucci has done a terrific job bringing the science of detoxification to the table. This is a top-notch way to deal with the multiple toxic challenges posed by our modern world. " —David Perlmutter, MD, #1 New York Times bestselling author of Grain Brain and Brain Wash Whether from stressful times like the holidays or from the demands of your regular routine, your body naturally becomes depleted over time, making it even more difficult to lose weight and maintain the energy and vitality you need to get through the day. This is something Dr. Kellyann Petrucci experienced firsthand in 2017 while she was writing her last book, doing nonstop TV appearances, and running her business. She gained 20 pounds, her hormones went haywire, and she was at a loss for how to turn things around. She decided it was time to hit the reset button and created her simplest plan yet, specifically designed to help the millions of women who are overweight, overworked, and overextended get reenergized both physically and mentally. This is a comfortable, incredibly powerful 5-day cleanse protocol that resets your metabolism, giving you the kind of quick, confidence-boosting results you need to get back on a healthy track. The power ingredient in the Cleanse and Reset is collagen, which improves skin elasticity and brings back that coveted youthful glow, eases joint pain, heals leaky gut, supports weight management, and has anti-inflammatory properties. The healing and reparative smoothies, shakes, soups, and bone broth blends that you 'll enjoy on the 5-day cleanse are packed with collagen and can be adapted to any diet, with a focus on modifying the cleanse for the keto diet (along with great collagen alternatives for vegetarians and vegans!). The program also includes an optional 1-day " keto push " that you can follow for an extra boost the day before you begin your cleanse. Dr. Kellyann's Cleanse and Reset will help you slim your body, deep-cleanse your cells, and reclaim your energy and focus so you can start feeling truly good again.

Body Detox Cookbook For Complete Weight Loss For Begginers

Intermittent Fasting For Beginners, Keto Diet For Beginners, Intermittent Fasting For Women and Ketogenic Diet For Women. All You Need To Lose Weight, Stay Healthy and Feel Great about your Body Longterm!

Low Carb Weight Loss Box Set

The Keto Smoothie Detox

Keto and Intermittent Fasting For Women After 50

The Keto Reset Diet

Burn Fat, Balance Appetite Hormones, and Lose Weight

Dr. Kellyann's Cleanse and Reset

NATIONAL BESTSELLER From the bestselling author of 10-Day Green Smoothie Cleanse, an exciting new keto-cleanse that delivers rapid weight loss with low-sugar smoothies and hearty low-carb meals. The 14 Day New Keto Cleanse combines the health benefits of green smoothies with the fat-burning benefits of keto for maximum weight loss. The green smoothies that JJ is famous for get a low-sugar revamp, with new recipes featuring 15g or fewer net carbs and tasty ingredients such as chocolate, berries, avocado, and much more. Nearly a million people are living their best and healthiest lives with the help of JJ 's cleanses that have proven results. This book contains everything you need to change your life in fourteen days, with comprehensive shopping lists, daily meal and movement guides, and plenty of opportunities to customize the plan. Featuring thirty-five easy recipes ranging from Turkey Pumpkin Chili to Pepperoni Parmesan Crisps, you can feel full and satisfied each day! Each recipe is low-sugar, low-carb, and packed with nutrient-rich ingredients that taste great. In just fourteen days, you can kickstart your body into a healthy state of fat-burning ketosis, experience quick weight loss, and lay the foundation for a longer, healthier life!

Low Carb Weight Loss Box SetPrimal Paleo: A Beginners Guide to Lose Weight, Detox, Improve Health & Ketogenic Kickstart: A Beginners Guide to Low Carb Weight Loss, Detoxification & Improved HealthCreatespace Independent Publishing Platform

Do you think it is difficult to lose weight after the age of 50? Are you a woman over 50 looking for a highly effective diet to help overcome health issues? Are you new to chaffle or might have caught wind of them and will get a kick out of the chance to check out them? We all know food is life. You know you love food! But how much can you love food and love your body as well? Never miss out on the Keto Lifestyle even if you crave waffles! Get onboard the weight loss train quickly, there's no point waiting. Say NO to carb cravings, emotional eating, and binges with Keto chaffles you'd have never thought were incredibly very low carb! 75% of Senior Americans are predicted to become overweight and obese by 2025. That's like 3 in every 4 Senior Citizen going overboard the dreaded scale sooner than later... Body digestion diminishes by over 30% by age 50.

Women's bones and muscles become fatigued and more fragile as time passes, especially at 50 and above, it truly starts to hit harder. The body becomes increasingly powerless to illnesses, for example, Alzheimer's, Cancer, and Heart sickness. Specifically in this book, you will discover - What a ketogenic diet is - Benefits of following a ketogenic diet as a developed lady - How to get into ketosis - Best exercises for women more than 50 - Tips for beginning an exercise routine at 50+ - Great weight loss tips for women more than 50 - Seven-day keto fast plan - Over 100+ mouth-watering chaffle recipes that you can prepare for easy breakfasts, and on the go lunches for work or school - Over 50 Helpful Equipment that can assist you in chaffle preparation - All the apparatuses and hardware you're going to need to prepare delicious chaffles - How to make chaffles regardless of whether you don't have a waffle producer or waffle iron - Free Bonus: Keto Chaffle tips & tricks for women over 50 Weight loss doesn't have to be a painful process. Forget about the number of times you have tried or the number of techniques that did not work for you. Weight loss is much easier to attain following the step-by-step Keto Diet Protocol For Women 50+, included in this book: it is a scientifically constructed, yet easy-to-follow eating protocol. Already thousands of people have successfully followed it and the results for 87% of them are just outstanding. So, are you ready to start a new healthy way of life? Download This Book Today and Break Free From the Diet Trap!

It's a real miracle - the Keto Miracle. With the Keto reset diet, you will be losing weight fast and naturally without starving yourself. Grab Color Paperback Ketogenic Guide Book with the pictures and nutrition facts, and you'll get a Kindle version for free! This Practical ketogenic guide book is a perfect Ketogenic diet guide for beginners. It includes: a clear and simple explanation how ketosis diet works, and how to instantly get into ketosis main Keto mistakes all Keto beginners make and how to avoid them Keto meal plan what to buy at the grocery store a food list of what you can and can't eat on Keto 60 brilliant high fat low carb recipes for breakfast, dinner, and lunch. Also, you'll find insanely delicious and fat Keto dessert recipes to satisfy your sweet tooth! This Ketogenic cookbook provides pictures for each recipe and detailed nutrition facts! Start your Ketogenic diet journey now! If the other diets you've tried so far do not work, dont get disappointed - the Ketosis diet will boost your metabolism and burn the fat forever. Also, if you've just completed your Whole30 challenge (check the "30-day Whole Food Cookbook" by Eva Snow) and wonder what to do next to keep your weight off - the Keto diet is a logical next step. As you know - everything starts with food, and it is not so hard to lose weight fast but keeping it off takes more efforts. However, this Keto guide book will show you the way to it. Tags: ketosis diet cookbook, keto cookbook, keto diet book, ketogenic diet book, ketogenic guide book, keto diet for weight loss, low carb recipes, ketosis diet, keto reset diet, keto clarity, ketogenic diet for beginners, ketogenic diet guide for beginners, keto diet plan, keto meal plan, keto recipes, low carb

cookbook, ketosis diet cookbook for beginners, sugar detox, high fat ketogenic recipes

Keto Diets: 3 Books Set the Only Guideline for Keto Diets You Will Ever Need

Keto Diet

The Green Smoothie Recipe Book

Over 100 Healthy Green Smoothie Recipes to Look and Feel Amazing

Reset Your Metabolism with 160 Tasty Whole-Food Recipes & Meal Plans