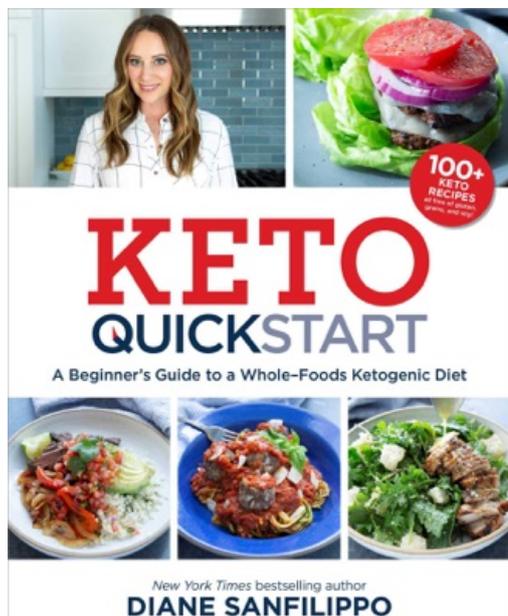


Download Keto Quick Start free Diane Sanfilippo (PDF, ePub, Mobi)



New York Times bestselling author and health and wellness pioneer Diane Sanfilippo brings her own experience with a ketogenic diet to "Keto Quick Start," a comprehensive and easy-to-follow road map to transitioning to a keto lifestyle.

There's a good reason keto has attracted so many followers: it's an effective tool for fat loss as well as a way of eating with proven benefits for many health concerns, including unstable blood sugar, neurological conditions, and epilepsy, to name a few. But getting started with keto and sticking with it can be tough. That's where "Keto Quick Start" comes in.

In her signature practical style, Diane makes keto doable for everyone, whether you're completely new to very low carb eating or you've tried it before and want to find a better way to make it work for you. Keeping the focus on real foods that

nourish your body, she walks you through a gentle transition to keto and helps you figure out how to make it sustainable for the long term. "Keto Quick Start" targets everyday real-world concerns such as what to expect in the first few weeks and how to know if you're on the right track, how to determine if you need more carbs and how to incorporate those carbs in a healthy way, how to customize keto for your personal goals (especially weight loss), and things to be aware of if you're concerned about a particular health issue.

"Keto Quick Start" includes 100 delicious keto recipes, four weekly meal plans, more than a dozen easy meal ideas (no recipe required!), and troubleshooting tips and tricks. It also features a unique and easy-to-use template that makes tracking your food quick and simple. The recipes include:

- Lemon Blueberry Keto Muffins
- Kale, Bacon & Goat Cheese Frittata
- Spaghetti Bolognese Bake
- Powered-Up Bacon Cheeseburger
- Shrimp Pad Thai
- Pesto-Stuffed Mushrooms
- Chocolate Orange Fudge
- Creamy Peanut Butter Bites.

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Autor	:	Diane Sanfilippo
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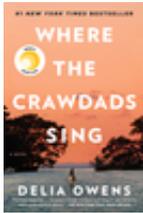
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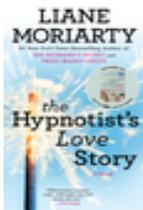
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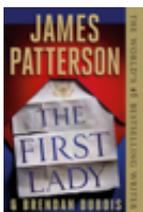
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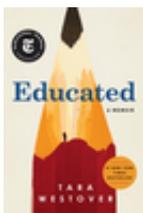
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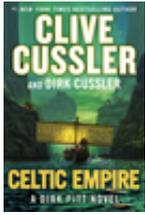
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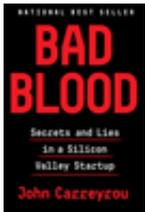
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