



# **Ketogenic Diet: The Most Effective Ketogenic Diet Meal Plan in 21 Days (Volume 3)**

*Orlando Scott*

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**Have you ever felt like you have been gaining weight even though there haven't been much changes to your diet?**

This is only natural as our body's metabolic rate slows down gradually as we age for both men and women which results in the burning of less calories. Usually, this appears to be more apparent at the age of 30 and leads to weight gain. What if there was a diet plan where you can eat the food you would normally deny yourself from eating, prevent you from worrying about your calorie intake, gain extra muscle and give you an energy boost? Would you be willing to try it out?

## **Meal plan with delicious recipes optimized for Weight Loss**

On top of the weekly shopping list, you'll also find that all of the recipes have their daily amounts of Protein, Net Carbs, Fats and Calories carefully calculated and planned out throughout the 21 days. There will also be a detailed explanation as to what to expect during each phase of the Ketogenic Diet and the rationale behind choosing the given recipes. Some of the recipes to expect include Frittata Muffins with Cheese, Bacon Burger with Spinach Salad, Meatballs with Bacon & Mozzarella etc.

## **Are you sure eating all these food is going to help me lose weight ?**

Fundamentally, you have to understand that the Ketogenic Diet works on the principle of losing weight through Ketosis. This means that the restriction of glucose energy forces the body to break down fat to use for energy. This process triggers when the amount of net carbohydrate intake reduces to 15 grams or less. Detailed steps on how to test for Ketone levels would also be provided.

## **What else you can expect to find inside..**

- A quick look at the history of the Ketogenic Diet as a means of epilepsy management
- Benefits associated with the Ketogenic Diet
- How to monitor your Ketone levels (What do the readings mean)
- Medical conditions and medications that are incompatible with the Ketogenic Diet
- Potential dangers of low carb diets and common misconceptions

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