



The 7-Day Ketogenic Diet Meal Plan: 35 Delicious Low Carb Recipes For Weight Loss Motivation - Volume 1

Rachel Richards

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What is the Ketogenic Diet? Your body uses what you eat to give you energy. Carbohydrates raise your blood sugar levels, and your body reacts by producing insulin to deal with it. Unfortunately, insulin aids in converting glucose to fat, which is then stored in your body's cells. A ketogenic diet is designed to make your body burn fat instead of carbohydrates. It is comprised mainly of a high fat diet with low carb foods and normal levels of protein. Carbohydrates are kept below 60g and preferably around the 20g to 40g level on a daily basis. Slight overage once in a while is not too bad, but where possible less than 50g is the best way to go. This keeps the body in a state of ketosis, whereby the body is burning fat as the steady source of energy. Whilst the actual dietary ingredients of ketosis are important, sensible exercise also plays a big part in losing weight and fine tuning the body's metabolism. It is essential that you consult your doctor or health professional before embarking on any radical changes in your diet, particularly if you have a lifestyle illness such as diabetes, IBS or any other disease that may be affected by a change in diet. Most participants of the keto diet find that it changes their lives for the better. This low carb cookbook has create tasty recipes that make it easy to keep your plan in check. In terms of beverages, drink as much water as possible, but you are also allowed green tea or black coffee. Avoid fizzy drinks, limit alcohol (one drink is fine) and no fruit juices. The menu recipes are designed for up to 4 people. Every person has a different level of carbohydrate tolerance and participates in a different level of daily exercise. To truly work with a ketogenic diet, you must find your level of carbohydrate tolerance. A little trial and error or experimentation may be needed. You may mix and match the meal recipes in this book to your liking. The 7-day meal plan is merely an example. If you are trying to lose weight, calorie intake is also important. For men, a daily intake of below 2,000 calories is acceptable. For women, the daily intake is around 1,600 calories. Don't feel like you have to give up on your favorite foods. With recipes like the low carb peanut butter cookies or the chocolate mousse, you can still feed your sweet tooth without feeling guilty. Inside this book are the following types of meals: Breakfast - 7 recipes Lunch - 7 recipes Snacks - 14 recipes Dinner - 7 recipes Ingredient measurements are given in both imperial and metric. In addition to the 35 recipes, you will find additional bonuses: A recipe for 'Keto Rolls'; this recipe serves as a great substitute for those missing the taste and feel of bread without adding on the additional carbs. As well, a free printable version of the meal plan and shopping list is included. Just go to the following link to obtain the bonuses: <http://gotorecipecookbooks.com/ketogenic-diet-1/> If you enjoyed the recipes in this book, please take a moment to leave a review. Thank you for trying out this meal plan book. Good luck! Rachel Richards

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