

Burn Fat While You Sleep: Keto Transition



Sharpe 80/20 Cook Book: Burn Fat While You Sleep (Keto Transition Book 1)

★★★★★ 5 out of 5

Language	: English
File size	: 6499 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 73 pages
Lending	: Enabled
Screen Reader	: Supported



Are you tired of being overweight or obese? Do you want to lose weight and improve your health, but don't know where to start? If so, then the ketogenic diet may be right for you.

The ketogenic diet is a low-carb, high-fat diet that has been shown to be effective for weight loss, blood sugar control, and improving cholesterol levels. When you follow the ketogenic diet, your body enters a state of ketosis, in which it burns fat for fuel instead of glucose.

Transitioning to the ketogenic diet can be challenging, but it is important to do it correctly in Free Download to avoid side effects such as the keto flu. In this book, I will teach you everything you need to know about the ketogenic diet, including:

- How to transition to keto

- What foods to eat
- How to avoid common pitfalls
- How to troubleshoot problems

I will also provide you with a 30-day meal plan and recipes to help you get started. If you are ready to lose weight and improve your health, then Free Download your copy of Burn Fat While You Sleep: Keto Transition today.

About the Author

Jason Fung is a world-renowned expert on the ketogenic diet. He is the author of several bestselling books on the subject, including *The Obesity Code* and *The Complete Guide to Fasting*. He is also the founder of the Intensive Dietary Management Program, which has helped thousands of people lose weight and improve their health.

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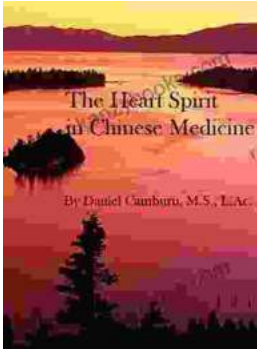


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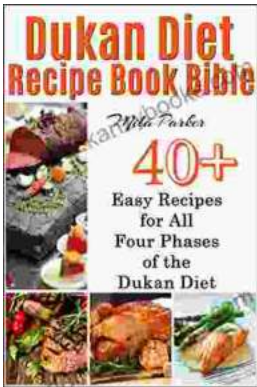
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