The Ketosis CookBook Review

The Ketogenic diet is one of the healthiest ways you can eat, and many nutritionists and dieticians are now recommending it to people who need to balance their blood sugar levels, lose weight, heal their hormones and increase their overall health levels.

Official Website: **Click Here**

Its popularity is increasing dramatically as more and more people are starting to understand the importance of fats in our diet, and the role a high fat, low carbohydrate diet plays in attaining a healthy weight without sacrificing calories or nutrients.

Eating keto means eating a natural, whole foods diet that is high in vitamins, minerals and, of course, healthy fats.

So this means you eat your fill of fatty meats like bacon, rib eye steak and chicken thighs, all kinds of vegetables, nuts, seeds and full-fat dairy.
You can even indulge in dark chocolate, keto cookies and coconut milk ice-cream!

The Ketosis Cook Book has all the info you need – check it out here!

I’ve always hating dieting – I’m sure you do too!

And I always thought there must be a better way. Because being hungry all the time and eating food that just isn’t particularly exciting or satisfying is no way to live!

I always wanted to lose weight, and find my happy place where I was loving my food and looking and feeling great at the same time.
This is where the ketogenic diet has given me a new lease of life.

In case you’re new to all this, I’d better explain what nutritional ketosis is, and why it’s so good for you on so many levels.

Broadly speaking, your body uses glucose for fuel. Most people think that because of this our diets must have some sugars or carbohydrates in it since glucose itself is a carbohydrate.

However, not many people know that your body is perfectly capable of making its own glucose from fats. This is what the body naturally does when there is a scarcity of food, or during a fast.

This is why you can go several weeks without any food at all. Your body has many thousands of calories stored as fats that it can use in times of need. When you are in ketosis, your body burns fats for energy. So it’s great for weight loss because your appetite decreases and your energy levels stay constantly high, simply because your body always has access to fat calories!

With the ketogenic diet, you can eat in a way that triggers and maintains your body’s fat-burning abilities without starving yourself.

In fact, you can pretty much eat as much as you like!

I know it sounds counter-intuitive, but the fact is that fats are so energy-rich and so useful to your body, that eating a diet that is high in good fats and low in carbohydrates means that your body has just no problems at all maintaining a perfectly healthy weight without you even having to think about it, let alone count calories.

Fats are incredibly satiating, and between this and your decrease hunger levels, you really do feel like you can eat whenever you want and still lose weight!

Sounds great, right?
Well, it is. This really was the missing piece of the nutritional puzzle for me.

Focusing on fresh food that is just as nature intended, the keto lifestyle now has many followers. People who are shouting from the rooftops about how they’ve got boundless energy, stable moods, glowing skin and in many cases have lost tens of pounds of excess fat (and in some cases over 100 pounds) all while enjoying delicious food that 20 years ago, we all thought we were not supposed to eat!

Since joining the keto lifestyle, one of the best things I’ve discovered is there are so many like-minded people eating this way. It’s like a worldwide friendly community of people all focused on being the best they can be.

So Let’s See What the Ketosis Cookbook Has to Offer

This cookbook is for people who want to be guided into nutritional ketosis so they can experience all the benefits of eating low carb high fat. Benefits such
as no more bloating, leaner muscles, weight loss, reduction of allergy symptoms, blood sugar regulation and increases in energy.

Lots of people love the idea of eating keto but have no idea how to prepare their food, or how to embark on this way of eating. This is one of the main ways that people who start eating keto end up failing – the lack of being able to make quick and easy yet delicious meals that ensure they remain in a state of nutritional ketosis.

This downloadable ebook has over 370 super easy, delicious keto recipes which have been approved by certified nutritionists, and right now there are also four bonus books that come with it.

The recipes have been collated by keto enthusiasts and dieticians who want to help other people to get the amazing results that they have experienced.

The recipes cover all meals breakfast to dinner to snacks, treats, desserts and more. They are family friendly meals that anyone can make. You don’t have to have any kind of cooking talents – they are simple recipes that are easy to follow.

If you are concerned that you don’t have the time or motivation to stick with a keto diet, or if you are super-busy with work and family life and you need a convenient and easy way to stick to ketogenic eating – then this cookbook is absolutely perfect for you.

**Here’s what you get:**

Over 370 amazing keto recipes that guide you into a state of nutritional ketosis so you can lose weight, increase your energy and balance your blood sugar and insulin levels.

**Bonuses**

Right now the people behind the Ketosis Cook Book are offering 4 extra
bonuses (worth over $75) for free. You get:

- The Ultimate Guide to the Ketogenic Diet ebook
- A 12 Week fully comprehensive meal plan including shopping lists
• Bonus Cookbook – 30 Slow Cooker Keto Meal Recipes

• Bonus Cookbook – Keto Desserts (40 recipes)
• Benefits that I See With This Book

All in all, this package is about as comprehensive as you can imagine and incredibly good value because of the huge amount of recipes and the bonus books.

The bonuses you get mean that this is more than just a cook book – it’s a full guide to eating keto that is perfect for a beginner.

Especially if you’ve read a little about the diet and you feel overwhelmed by all the information out there.

There are super clear instructions that anyone can follow easily.

There are pictures! I don’t know about you, but I really like my recipes to come with pictures!

All the recipes (even the snacks and desserts) are grain free, legume free and do not contain any refined sugars. So this makes it very easy to get into ketosis and stay there so you can start reaping the benefits of being in a fat-burning state.

The cookbook comes with a no questions asked, money back guarantee that
stands for 30 days. So you can try it out properly and road test a lot of the recipes, and if you’re not happy they will refund your money.

The only downside that I can see with the Ketosis Cookbook and all the bonuses is that you actually get a hell of a lot of stuff! So I recommend setting aside a little bit of time to really browse through it all. I can’t really think of anything else that’s negative, and I guess that if the only downside is you get loads of recipes and information then I’m being a bit silly!

Overall, the guys over at www.ketosiscookbook.com have done a stellar job, and the Ketosis Cookbook is a brilliant resource for people who want to lose weight and get healthy. It certainly was one of the best things I’ve bought on my keto journey, and it will help you to create delicious meals that in turn will help you get the lean, healthy and vitally healthy body you want.
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