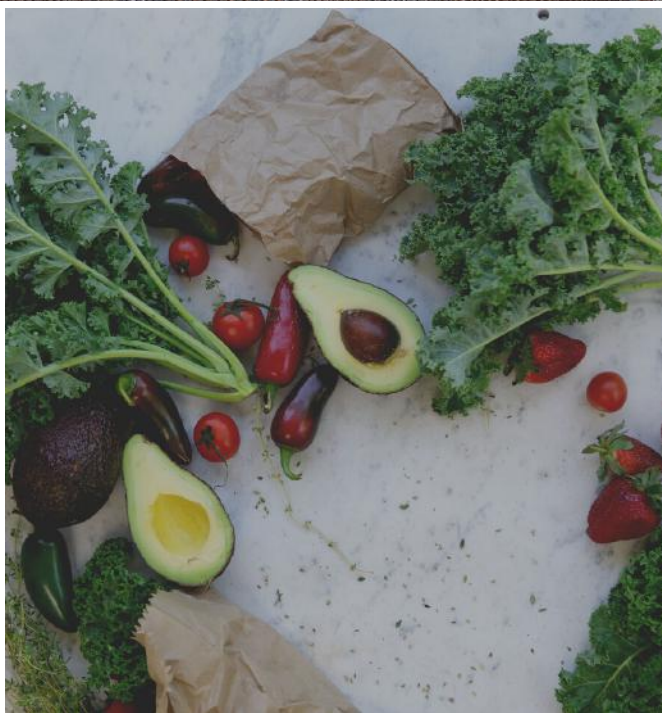




CREATE A KETO DIET FOODS LIST AND FEEL THE BENEFITS FROM DAY ONE

BY STEVEN JACKSON



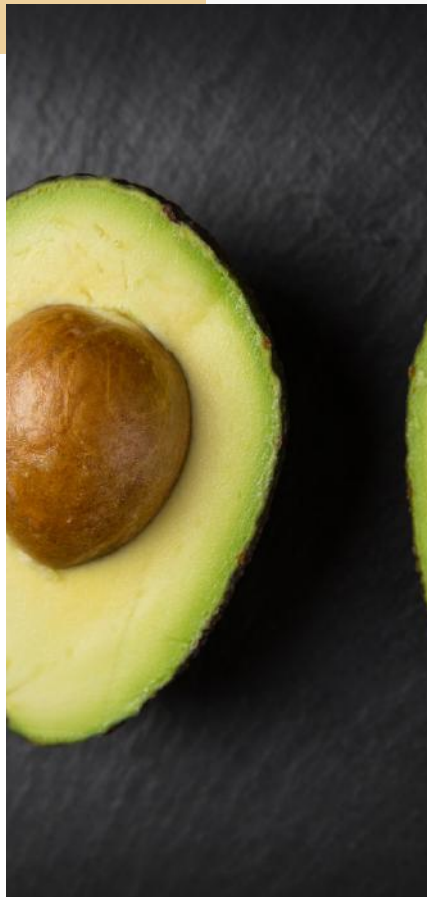
My name is Steve Jackson and I am a middle aged man who was gaining weight after many year of being slim and active. I was a bit of a shock to me and I didn't like the feeling of buying larger clothes and looking down at my stomach and wondering how it got so big. I'm not saying I was obese, but I could see the future and my future was fat. I tried simply eating less or so called healthier, but it difficult to know what will help me loose weight. Finally, after purchasing a large shirt (I am normally a medium) I decided that I needed to take action.

Some may believe that my motivation to loose weight was about vanity and you are not wrong. However, it was far more that my ego being bruised, it was also about how I felt. The more weight i gained the more tired I was and the less physical exercise I was doing.

It had become a vicious circle that I was finding very difficult to break. The final straw was when my wife started patting my tummy and my jeans were getting hard to put on without my belly hanging over the top. My ego was crushed and my mind told me that I need to do something.

Keto was not my first choice, but it seemed to be the easiest to commit to. What interested me was that the theory of a keto diet was so simply. I needed to reduce the amount of carbs I ate to the minimum while at the same time eat a high fat diet. Even though we eat far fewer carbs, we increase the fats and proteins. Eating less carbs increases our metabolic rate (ketosis) hence burn body fat as energy.

You would be surprised how many foods you can eat on keto and because there is such a choice the benefits became even more attractive to me



KETO COOKBOOKS

KETO



SEARCHING FOR FREE KETO COOKBOOKS AND GUIDES FOR WEIGHT LOSS AND HEALTH

The theory of losing weight on a keto diet is great, but searching the internet for recipes and better information on how to lose weight successfully is another issue. There is of course lots of recipes, but nothing in depth enough to allow the user to fully understand how it works. However as a gift to people reading this article I am giving away for FREE keto diet plan and cookbook that I have found useful in the past. The eBook is called the delicious easy keto recipe book and it offers everything a newbie to keto needs to lose weight and eat healthily. The book includes, the benefits being on a ketogenic diet, the foods you should eat and the ones to avoid, 8 tips on how to be successful on a keto diet and finally, 19 delicious and easy to do keto recipes. To download your FREE keto recipes eBook, click on the source link at the bottom of this eBook.

7 BENEFITS OF THE KETO DIET FOR BEGINNERS

Most people when they look at the keto diet think of only one thing and that is how much weight they are going to lose and how great they are going to look. This is of course an important reason to be on a keto diet, because if we are overweight there are some underlying issues going on regarding health, our social and financial situation and even our personal mindset. However, most do not realize the benefits of a low carb or keto diet, in fact there are enough benefits in a keto diet to change your life forever.

What is the ketogenic diet?

The basic theory behind the keto diet is to lose weight and have a healthier life you need to consume three types of food and that is:

- Low carb food products
- Moderate amounts of protein
- High amount of fats

The idea is that we fine tune or even return our bodies into a state of a higher metabolic rate or ketosis which burns the fats off of our bodies, because there is not enough carbs.

The reason why our body goes into ketosis is because there is no longer enough glycogen sugar to provide the energy we need. Once the sugars in our body have gone our body starts to feed on the fat. Our livers convert the fat into ketones for the body to use as an alternative energy source. This is a great way to lose weight because we do not need to be hungry all the time while losing weight.

7 benefits of starting a keto diet

As mentioned earlier, the keto diet is more than just a weight loss program. It also has other unexpected benefits if you are feeling drained of energy or have any other underlying condition.

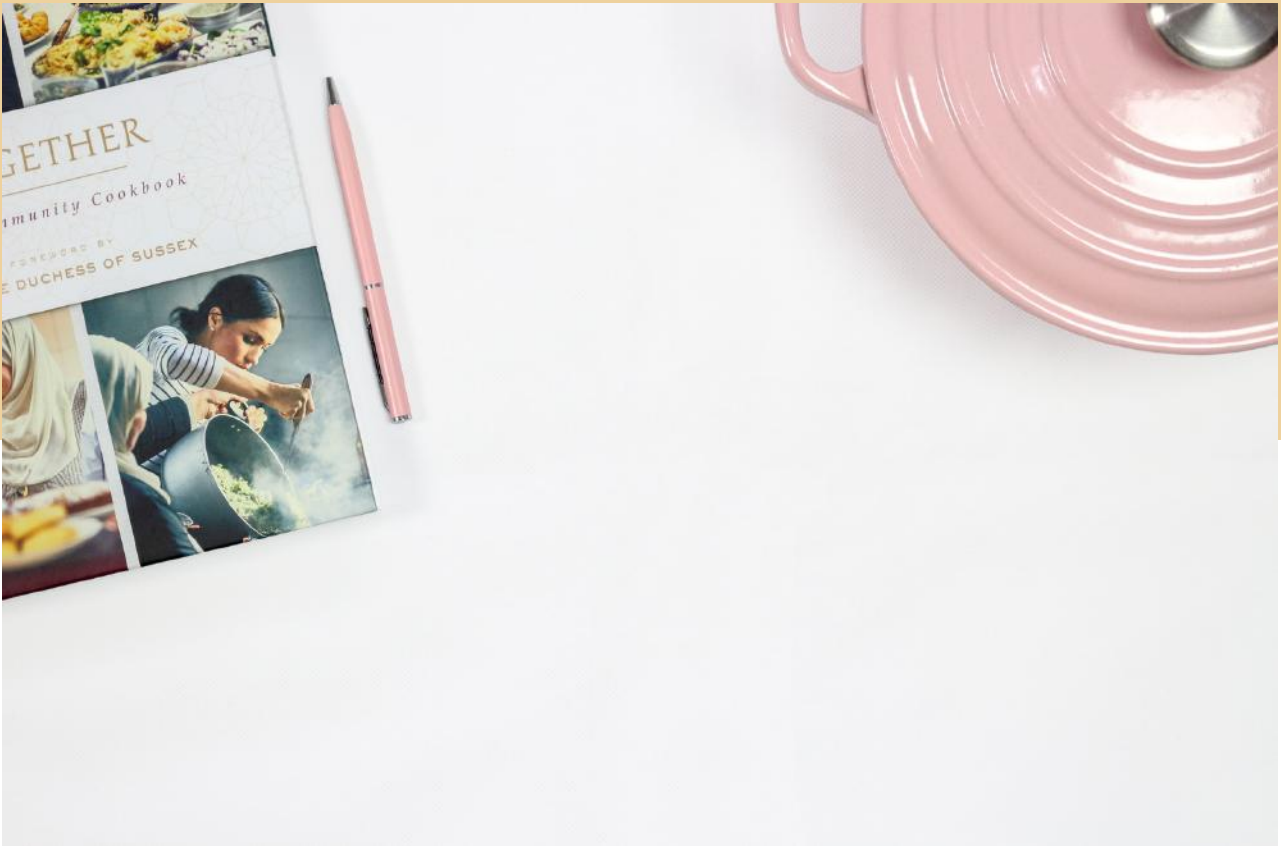
1. Weight loss
2. It reduces your appetite
3. Focus is massively improved
4. More energy
5. Know to fight diabetes
6. Higher levels of good cholesterol
7. Reduce blood pressure

For more in-depth details about the benefits of keto click on the source link at the bottom of this eBook.

The keto diet foods list conclusion

Since I began my keto diet just a few months ago I have lost 22 lb (10 kg) without even trying. I have found recipes that give me a vast choice without being boring or bland to eat. However, other benefits I have noticed is that I sleep far better than I ever have, I have lost of energy, I don't feel tired about three in the afternoon and I am far more relaxed than I ever have been. The fact is the keto diet is changing lives all over the world because it is so simply to commit to. The only thing missing is plenty of recipes that will keep the laziest dieter on track.

HOW TO GET A FREE KETO COOKBOOKS?



Finding a keto cookbooks to suit the keto diet can be a bit hit and miss, but this one is free so no worries there. To download your keto cookbooks click on the source link and add your name and email address on the form and you will receive your FREE keto eBook asap in your email box.

However, if you have any questions click [here](#) and add your message to the contact page.

Author: [Steven Jackson](#)

Source: [Create a keto diet foods list and feel the benefits from day one](#)

