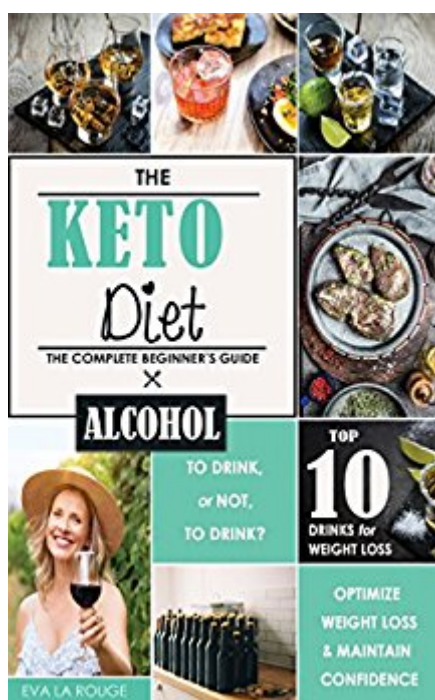


The book was found

The Keto Diet: To Drink, Or Not To Drink? A Complete Beginner's Guide To The Top 10 Alcoholic Drinks For Confidence And Weight Loss On The Ketogenic Diet.



Synopsis

Do you want to maximize your weight loss on the Keto diet? Have you ever wondered which alcoholic drinks are best for your Keto diet plan? Maybe you're not sure where alcohol fits into your diet? Fear no more! Inside you'll find the top 10 alcoholic drinks to maximize your weight loss and maintain confidence while drinking on the Keto diet. Recent studies have shown the benefits of drinking alcohol for decreasing stress, reducing the risk of heart disease and diabetes, and improving your overall health and well-being. While Alcohol does affect your weight loss results on the Keto diet, *The Keto Diet: To drink, or not to drink?* does away with the misconceptions that you shouldn't drink alcohol, and shows you how to maximize your weight loss and enjoy your favorite alcohols on the Keto diet. Inside you will find: How to stick to your Keto diet plan AND drink your favorite alcohol. How to maintain ketosis while drinking your favorite alcohol. How our bodies burn alcohol on the Keto diet. A list of the top 10 alcoholic drinks on the Keto diet. A Wine, Beer and Mixed Drinks guide. An optimized Daily Meal Plan involving alcohol. As well as: How the Keto diet compares against other diets. The benefits/side effects of drinking alcohol on the Keto diet. Must know Keto dieting principles. The Science of the Keto diet. A history of the Keto diet. And much more! Eva La Rouge, a fitness coach, market researcher, and grandmother to two beautiful grandchildren, has struggled with her weight for years. After discovering the Keto diet back in 2008, she now enjoys renewed confidence, health, and well-being. When she's not busy looking after her two grandchildren, Eva works as a fitness coach at her local gym in Santa Monica, where she has helped thousands of women lose weight by following a Keto diet plan. She has especially taught her students how to successfully incorporate alcohol into their lives by discovering a must know happy balance between drinking and dieting while on the Keto diet – the best of both worlds!

Book Information

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Customer Reviews

This is such a great book. Tons of useful information on keto diet lifestyle. Inside you'll find the top 10 alcoholic drinks to maximize your weight loss and maintain confidence while drinking on the Keto diet. In this book you will learn: How to stick to your Keto diet plan AND drink your favorite alcohol, How to maintain ketosis while drinking your favorite alcohol, How our bodies burn alcohol on the Keto diet, A list of the top 10 alcoholic drinks on the Keto diet, A Wine, Beer and Mixed Drinks guide, An optimized Daily Meal Plan involving alcohol. This book is very informative. Will highly recommend this one.

Keto diet is really a helpful diet plan than others to keep fit our health and lose weight. It's true that Keto diet may not help you to lose weight so quickly rather it has so benefits I've noticed after having these awesome juicy recipes. This book has presented the top 10 alcoholic drinks to maximize your weight loss and maintain confidence while drinking on the Keto diet. Indeed, I'm getting expected results in my entire health. I like to recommend this diet cookbook who wants to lose their weight naturally and keep fit their body for a better live.

Getting rid from high fats is actually very difficult, this task as I was earlier suffering from fats issues and didn't get desirable food. Then I read this book completely and found an outstanding way of losing weight simply and easily and get a desirable tips and process with complete knowledge of ketogenic diet. Appreciated writing.

This is an informative book where the author discusses the benefits of the Keto diet and also gives a brief history about it as well. The book also talks about what alcoholic drinks can be drank during the

diet and also shows how to make them. So one doesn't have to sacrifice a good drink to maintain a diet. Great read!

I found this book very helpful for a beginner. It has lots of good recipes to help you succeed. Wonderful book if you are new to Ketogenic eating. Simple language, answers all your questions. This is a little gem. A lot of solid information that is well organized and perfect. This is a good place to start and has lots of handy references for anyone on the Ketogenic diet.

This book is filled with tons of great info on Keto. There are several different profiles you can choose from with a questioner to help you decide. I love the way this book is written as well. Who already follows a ketogenic lifestyle, like me for the last four years, can learn so much from her. This book is packed with amazing information that really helps you. Great job!

Absolutely love this book! This was a very comprehensive guide to me beginning my keto journey. Excellent resource for all interested in Keto. Whether you are just looking to starting out, have recently become fat adapted or are a Keto Vet, this resource is for you. Eva has a very down to earth approach and uses non-techie terms to describe the ketogenic process. This book outlines a very flexible approach to this way of eating. Love all of the charts and easy recipes, as well. I am really thankful!

This book is amazing! It is very thick and sturdy. It has tons of content. There is general information, tailored eating plans, macro charts, recipes and so much more! Worth every penny and then some!!!

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