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The Effective Ketogenic Diet for Beginners. The ketogenic diet offers this premise: eat 60-90% of your calories from fat. Adapt to metabolizing fat quickly as energy. Gain better appetite control and regulation. Lose weight as your body easily burns fat stores.

A ketogenic diet (also known as the keto diet) is typically lower in carbohydrates and higher in fats than a standard American diet. Once your body adapts to a ketogenic diet, it switches from primarily using carbohydrates and glucose to fat and ketones as fuel.

The 7-Day Ketogenic Diet Meal Plan (+ A Beginner's Guide) Last Updated on September 20, 2019 / by Addison Johnson - 200 Comments You've probably heard about the low carb, high fat diet that's so popular among actors and models, and with good reason: low carb diets offer proper nourishment with whole foods, while keeping your body ...

A keto or ketogenic diet is a low-carb, moderate protein, higher-fat diet that can help you burn fat more effectively. It has many benefits for weight loss, health, and performance, as shown in over 50 studies. 1 That's why it's recommended by so many doctors. 2

The ketogenic diet is one of the latest dietary fads to sweep the U.S., promising rapid weight loss, enhanced brain function and sustained energy throughout the day.; These effects are achieved by ...

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