



The  
**KETO**  
GUIDEBOOK



60-DAY  
**MEAL  
PLANS**

Your guide to perfecting your eating habits



**OVER 270**  
EASY KETO RECIPES

ALL GLUTEN-, GRAIN-,  
LEGUME-, DAIRY- & REFINED  
SUGAR-FREE!



# **Ketogenic Diet: Your Guide to Perfecting Your Eating Habits**

*"Where All Other Diets Fail, This Diet Succeeds"*

## Disclaimer

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## Summary

Dr. Russell Wilder developed the ketogenic diet in 1924 at the Mayo Clinic. He didn't create the diet for mainstream use, but intended for it help epileptic patients. The keto diet proved successful in treating epilepsy.

When researchers developed a pharmaceutical drug to treat the condition, the keto diet became forgotten, but resurfaced decades later when several different studies studied the effectiveness of the keto diet on losing weight.

*“The weight and body mass index of the patients decreased significantly [...] and showed the beneficial effects of a long-term ketogenic diet”* — [Long-Term Effects of a Ketogenic Diet in Obese Patients](#)

People like yourself who are struggling with weight loss have turned to the keto diet to lose weight. The diet, which involves loading up on fat and limiting carbs has proven successful for several people who have mastered the art of putting their body in a state of ketosis.

Unlike them, you may count yourself in the group of people who know the ins and outs of the keto diet, but still struggle to drop the pounds and reduce inches of the waist. Your inability to lose weight on the keto diet is what will address in this book. We will arm you with the knowledge, strategies, and tips needed to reach your weight loss goal on the ketogenic diet. We will cover the following topics in this book:

- The difference between the keto diet and the Atkins diet
- Types of keto diet
- Benefits of keto diet
- Years of research and studies on the keto diet's effectiveness
- Budget-friendly 8 week meal plan
- 8 week meal plan for vegetarians
- Tips for vegetarians following the keto diet
- Workouts to perform on the keto diet
- Foods to load up on
- Medical advice on keto
- Supplements to increase your weight loss
- Managing your expectations while on keto diet
- Staying in a state of ketosis
- Strategies for managing sleep and stress
- Modifying your lifestyle
- Tips to stay motivated
- Step by step action plan

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