

KETO MADE SIMPLE

QUICK & EASY RECIPES +
MEAL PLANS FOR FAST
WEIGHT LOSS



BY BOB BABSON

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Chapter 1: The Essentials of Keto

Before getting into recipes and meal plans, one must grasp the strict basics guiding the ketogenic diet. This chapter will work toward unraveling the science of how the keto diet actually works and what advantages it may provide.

What is the Keto Diet? The elaborated explanation of the ketogenic diet, focusing on its high fats, low carbohydrates, and moderate protein macronutrient ratio.

Science of ketosis: When the metabolism shifts from glucose utilization towards the production and utilization of ketones.

Benefits of Keto Diet: Putting into the limelight its advantages beyond mere weight loss, such as enhanced energy levels, concentration, blood sugar control, and so forth.

Keto-Friendly Foods: The list of foods to be consumed while on a keto diet and would include the healthy fats, protein sources, and low-carb vegetables.

Foods to Avoid: These are mostly containing high levels of carbs and should therefore be limited or completely avoided. This includes grains, breads, sugary foods, and most kinds of fruits.

Common Misconceptions about Keto: Dispelling common myths and misconceptions about the keto diet, such as high cholesterol or nutrient deficiency.

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