



RECIPES  
AND  
WORKOUTS  
FOR A SLIMMER,  
HEALTHIER  
YOU

**21-DAY** **KETOGENIC DIET**  
**WEIGHT LOSS**  
**CHALLENGE** | RACHEL GREGORY, MS, CNS  
WITH AMANDA C. HUGHES



*Rachel Gregory MS CNS ATC CSCS*

## **21-Day Ketogenic Diet Weight Loss Challenge: Recipes and Workouts for a Slimmer, Healthier You**



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The 21-Day Ketogenic Diet WEIGHT REDUCTION Challenge gives you the tools to jumpstart your healthier way of living with:

- An introduction to the ketogenic diet plan that teaches you about the foundations of a low-carbohydrate, ketogenic way of living, plus helpful advice for maintaining the lifestyle
- A meal plan that maps out meals for breakfast, lunch, and supper with over 100 ketogenic diet recipes and shopping lists for every week
- A wellness tracker that supports your weekly weight loss goals with exercise guidelines and advice for other healthy habits

The 21-Day Ketogenic Diet WEIGHT REDUCTION Challenge can be an actionable plan to lose weight fast with recipes and workouts for a slimmer, healthier you. Real weight reduction is a mixed approach of diet, exercise, and a healthy mindset. The 21-Day time Ketogenic Diet WEIGHT REDUCTION Problem combines the ketogenic diet with effective wellness approaches for a results-powered, kick-start plan to lose weight permanently. To complement your diet, The 21-Time Ketogenic Diet Weight Loss Challenge also offers guidance on other fundamental components of weight reduction, including exercise, sleep, and stress management. This 21-day ketogenic diet challenge lets you know what to eat and when with a clear, easy-to-follow meal plan that includes a lot more than 100 keto-friendly recipes. The 21-Day Ketogenic Diet Weight Loss Challenge is the first targeted meal plan and exercise guide to help you lose weight fast on ketogenic diet plan.



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Perfect Way to Jump into Keto Lifestyle This book was so great I purchased two! I've made 17 different recipes up to now and I've enjoyed them all. Thoroughly loved it! The food is simple and hints to food preps are so useful. For me I'm an avid food prepper and I really like that book helps outline bulk meals, how exactly to prep for the week, and in addition gives you options for dietary choices for recipes! The publication comes with three weeks of plans for meals already done for you! Calls for the guessing out for newbies! You don't need a shopping list as the recipes have become detailed and thorough and that means you know EXACTLY what you will need ! Budget friendly food Love ! Get your duplicate on Amazon while it's still on sale! Not really complicated at all and easy for a working mom. I bought three books on Keto- this one by far has been the most helpful and most resourceful! Lots of information on macros, measurements, and a variety of quality recipes. I've made more in one week from this book than from any other keto book I've. Tasty recipes, an easy task to follow I am very surprised how good some of these recipes are. Didn't bother reading it. I could never stick to the paleo for that reason--everything has no flavor! I am in the low-carb globe for 18 years now and recently decided to change to Keto to attempt to break through a weight loss plateau. I cannot say I've seen a lot of weight loss yet through the 21 day strategy but it could possibly be because I only need to lose 10-12 pounds. However I think I fall into the category of metabolic resistance and my thyroid is most likely to blame. So I'm not quitting on this plan yet! Especially since I've really liked everything I've made out of these recipes. The every week prep offers helped me tremendously with feeling like I'm ready and eating well each day. This is by far the most healthy eating I've managed to maintain in a few months. This is soo superior to additional keto books and the quality recipes are fantastic! I have trouble racking your brains on how much for every portion since you can find no measurements like--"make use of 1/4 cup of completed recipe per serving. I have no idea if publisher's or any examined this before sending it out.. Easy read, shopping lists were very helpful setting up the week, an easy task to follow meal programs, and simple however delicious recipes! This is an incredible book. I bought this incredibly good value book in Kindle format. I certainly like how easy the dishes are! For newbies to Keto, there's nice, easy to understand, introduction! Great publication for any level of Keto eater (beginner to master! I needed to get back in to it and figured this might be a terrific way to kickstart the diet again. Well this book is created for busy mothers and working people.! The recipes look amazing and I LOVE the every week calendar to hold myself accountable. You can find so many keto books out there which are full of weird substances or crappy dishes or barely any recipes at all.. The thing I love most is normally that it's realistic. It is the perfect keto source for beginners. I say that since it takes all the nerdy research that I really like and sets it into words that all my

close friends understand! It breaks all the science into quick understandable conditions, helps you find out macros, navigate food planning, and has awesome recipes!! This book rocks !! Anyone else get yourself a cookbook and you're like umm yeah. The Best Keto Reference for Beginners! This is an amazing book. This book is AMAZING! I was marketed when one recipe ingredient was a rotisserie poultry.. nailed it! Love this book.! Great Resource I had been steadily feeding on a Keto Diet for a few months and fell off for awhile.) This is an absolute must have ! I am loving the recipes! All of them are so delicious and an easy task to make. The food plan is very helpful and gives tips on the simplest way to prep everything. Perfect instructional This book is ideal for newby's to keto! Great Resource Love the photos and the quality recipes! Poor quality control 1st review of this. Returning it." I try to eyeball it, but I don't feel self-confident that I'm splitting up the servings correctly. It is imprinted backwards. End of and or starting of word cut off and pages falling out. I was just a little worried that they would flunk in the taste division like so many paleo recipes/foods I've tried. Trading it, hopefully replacement will be right. Keto Very nice reserve. Made well and very nice pics in publication. Easy, delicious Keto food and a great value! There are therefore many keto books out .. Overall I'm happy with this publication. no because there's 10,000 elements and takes one hour to prepare. I look forward to not only completing the 21 time challenge, but continuing al keto life-style with one of these yummy food options. My only complaint is sometimes I get a small confused on portion management since the recipes only give a total number of servings. I've purchased other Keto books but discovered the recipes were boring and very challenging to want to eat on a regular basis. I'd certainly recommend this reserve. I love the quality recipes and the walkthrough. Game Changer I've been yo-yo dieting for 15 years and this is the first time I've been able to follow a plan that is making weight reduction work for me personally. The recipes are easy to make and delicious. I don't feel I'm passing up on anything and the pounds are coming off.! Buy the book, read all the well explained information about in this manner of eating and stick to the recipes. This is the best Keto book out there. Good info for newbies Great stuff for starting keto dieters. Everything up to now to make these recipes are keto staples I've already had on hand which makes every meal price friendly. Lifestyle Change made EASY! Keto An ideal book for starting Keto.. the recipes are easy and delicious



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