



# KETO

## QUICKSTART

A Beginner's Guide to a Whole-Foods Ketogenic Diet



*New York Times* bestselling author  
**DIANE SANFILIPPO**

Diane Sanfilippo

# Keto Quick Start: A Beginner's Guide to a Whole-Foods Ketogenic Diet with More Than 100 Recipes



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s where bestselling author and health and fitness pioneer Diane Sanfilippo brings her own encounter with a ketogenic diet plan to Keto Quick Begin, a thorough and easy-to-follow road map to transitioning to a keto life-style. Keto Quick Start s reasonable keto has attracted thus many fans: it's an effective tool for weight loss in addition to a method of eating with proven benefits for many health concerns, including unstable blood sugar levels, neurological conditions, and epilepsy, to name a few. targets everyday real-world concerns such as what to expect in the initial few weeks and how exactly to know if you' That'NY Moments Keto Quick Begin will come in. In her signature practical design, Diane makes keto doable for everyone, whether you' ve tried it before and want to discover a better way to make it do the job. Keeping the concentrate on real foods that nourish the body, she walks you through a mild changeover to keto and can help you figure out how to make it sustainable for the long term. re completely new to suprisingly low carb feeding on or you' Keto Quick Begin But getting started with keto and keeping it can be challenging. re on the right track, how to determine if you need even more carbs and how exactly to incorporate those carbs in a healthy way, how exactly to customize keto for your individual goals (especially weight loss), and things to be aware of if you're concerned about a particular ailment. There' Goat Cheese Frittata - Spaghetti Bolognese Bake - Powered-Up Bacon Cheeseburger - Shrimp Pad Thai - Pesto-Stuffed Mushrooms - Chocolate Orange Fudge - Creamy Peanut Butter Bites), and troubleshooting guidelines. It also includes a unique and easy-to-use template that makes tracking your food quick and simple. The recipes consist of: - Lemon Blueberry Keto Muffins - Kale, Bacon & includes 100 delicious keto recipes, four weekly meal plans, more than a dozen easy meal concepts (no recipe required!



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