

# **Download The Keto Diet For Beginners The Quick Easy Guide To Start Keto Succeed**

The Keto Diet Quick Start Guide includes: \* What is the Keto diet? \* How to start The Keto Diet. \* Keto diet food list \* Easy Ideas for breakfast, lunch, dinner, snacks and desserts. This eBook will take you through the foods allowed, how best to construct your own personal Keto Diet and meal ideas to inspire you on your Keto Diet Journey. For each meal you want to be within this keto ratio: 60-75% of calories from fat. 15-30% calories from protein. 5-10% calories from net carbs. To start, you could keep your daily net carbs (total carbs without fiber) down to less than 50 grams a day... but, preferably 20-30 grams. The ketogenic diet (or keto diet, for short) is a low-carb, high-fat diet that offers many health benefits. In fact, over 20 studies show that this type of diet can help you lose weight and improve your health ( 1 ). Ketogenic diets may even have benefits against diabetes, cancer,...Some quick notes about these Keto Beginners Rules. These rules are not a master course for the ketogenic diet, why it works or how it works. Instead, this is a list of rules to follow every day for the first three weeks.. Follow these rules, and you'll be happily producing ketones and seeing results in short order.