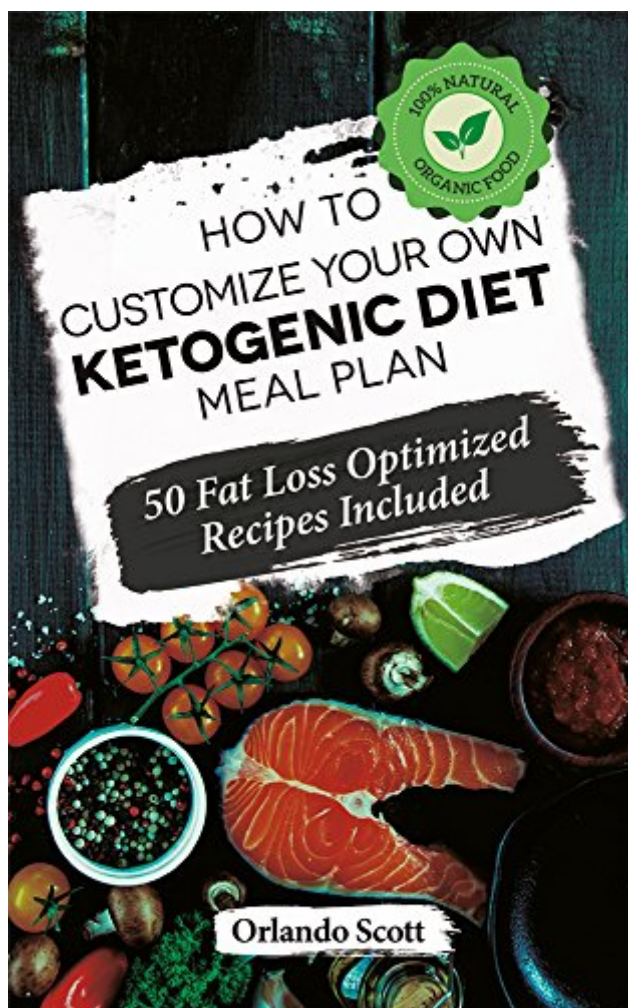


The book was found

Ketogenic Diet: How To Customize Your Own Ketogenic Diet Meal Plan



Synopsis

Have you ever wanted to create your own diet plan by eating the food you love and still achieve the results you want? In this book, you will learn how to customize your own ketogenic diet plan based on your weight goals whether it is for losing weight, weight maintenance or weight gain. You will learn how to calculate your "Basal Metabolic Rate" using the "Katch-McArdle Method" as well as the "Harris Benedict Method" in order to cut down calories for fat loss correctly. Detailed explanations and instructions will be given throughout the book to make it easy for beginners to follow and understand the underlying concepts of weight loss. Why do you want to customize your meal plan? Let's be honest, how many people would diligently follow a meal plan which has been planned out for them? It is only natural that we all have different preferences for food and would ideally want our diet to consist of food we like the most. I have been through many diet meal plans throughout my life and nothing is better than being able to customize it to your likings.

Origins of methods

The "Harris-Benedict Equation" was created by Francis Gano Benedict & James Arthur Harris, this was published in 1919 by the Carnegie Institution of Washington in the monograph "A Biometric Study of Basal Metabolism in Man". A revision in 1984 later improved its accuracy.

The Katch-McArdle Method" on the other hand, was put together by exercise physiologists" Frank Katch & William McArdle which uses lean body mass to compute "TDEE" or total daily energy expenditure.

What else you can expect to find

Basic Explanation of the Ketogenic Diet
50 Breakfast, Soup, Salad, Side Dish, Entrees, Snacks & Dessert Recipes
Practical Tips to Note When Dining Out
Substitutes and Staples for Your Recipes
And much, much more!

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Customer Reviews

Great Recipes!

I've read other books and they give good examples, but this one goes far beyond that. This book introduces the Ketogenic Diet for a clean and healthy living. I found their recipes and diet plans very delicious and helpful indeed. The best part is that all the recipes in this book are extremely simple and quick to make.

Ketogenic diets book always give you a break down on your daily meal. They always provide you with tasty recipes and delicious juice. These ideas will help you to maintain weight.

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