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**Quick and Easy Bulletproof Diet
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Fat and Increase Energy**

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Lifestyle Hendrik Marais,2022-02-01 Living the Ultimate Keto Lifestyle sets out basic principles and practices for following a keto diet in order to achieve your weight loss goals As low carb high fat diets have increased in popularity a wealth of information has proliferated on the internet and in print media The problem is knowing what works and differentiating between sound advice and opportunistic entrepreneurs whose primary aim is to monetize solutions In 2017 Hendrik Marais founded Keto Lifestyle South Africa with the aim of providing the information needed to build a healthy sustainable lifestyle based on the ketogenic diet and intermittent fasting He believes that while nutrition is important a healthy lifestyle must find the right balance between sleep stress management exercise and nutrition By making keto accessible and approachable Marais has inspired thousands of people to adopt simple healthy eating habits and stick to them In addition to practical advice for implementing a ketogenic diet the book includes over 80 recipes that fall within the recommended macronutrient ratios as well as sample meal plans and ideas for effortless entertaining

Downsizing Tom Watson,2020-01-02 Two years ago I turned 50 weighed 22 stone and was heavily medicated for type 2 diabetes I thought it would be all downhill from there By radically changing my nutrition cutting out sugar and taking up exercise I've changed my life and reversed my diabetes I hope my story will inspire others to regain their health and happiness and discover the new lease of life I'm experiencing Tom Watson began to put on weight in his early twenties having developed an appetite for fast food and cheap beer while studying at the University of Hull As time progressed and his penchant for anything sweet fatty or fizzy persisted he found himself adjusting his belt loosening his collar and upsizing his wardrobe to XXL He continued to pile on the pounds when he entered the world of politics as MP for West Bromwich East despite short lived flirtations with fad diets and fitness classes By December 2014 his bathroom scales had tipped to 22 stone After being diagnosed with type 2 diabetes in late 2015 he decided to take control of his diet and exercise He started to feel better quickly and within a short time his long term blood sugar levels were within normal range By July 2018 he came off medication

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Holiday It would be lovely to know your cooking story in the comments sections below Again remember these recipes are unique so be ready to try some new things Also remember that the style of cooking used in this cookbook is effortless I really hope that each book in the series will be always your best friend in your little kitchen Well what are you waiting for Scroll to the top of this page and click the Add to Cart button to get your copy now

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