



# **Ketosis: Ketogenic Diet: Keto Fat-Bombs: 50 Powerful Ketogenic Recipes to Jumpstart Nutritional Ketosis for Rapid Weight Loss & Health (Keto, Keto ... Diet Recipes, Keto Diet Cookbook) (Volume 2)**

*Shae Sparks*

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Constant Fat Burning Even While You're Sleeping Through Ketosis! When you are on a ketogenic diet, your body is in a state called ketosis where it is burning fat you eat and your own body fat for energy. Energy of course, isn't just used up by exercise and conscious activity, but by everything you do. Even when your sleeping, your body needs fuel to keep itself going. Because all of this fuel is coming from fat, you don't need to exercise to burn it off and lose weight. This book contains proven steps and strategies on how to make breakfast, lunch, dinner, snack, dessert, and side recipes for your ketogenic diet. If you've been meaning to begin the ketogenic diet or want to lose weight without spending hours in the gym, but you need some incentive to get you started, these recipes will surely do the trick!

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