

Keto Diet Plan for Beginners

Description:

Start your ketogenic journey with our free keto diet plan PDF. This comprehensive beginner's guide includes everything you need to understand the ketogenic diet, plan your meals, and track your macronutrient intake for a successful first week on keto.

The guide begins with a clear explanation of how the ketogenic diet works—how reducing carbohydrate intake and increasing healthy fats shifts your body into a metabolic state called ketosis, where it burns fat for fuel instead of glucose. Understanding the science behind keto helps you make informed food choices and stay motivated.

What's Included:

- Keto diet basics and how ketosis works
- 7-day meal plan with full macros
- Approved foods and foods to avoid lists
- Complete weekly grocery list

How to Use & Fill:

- Download the keto diet plan PDF ...
- Review the approved foods list a...
- Follow the 7-day meal plan
- adjusting portions for your calo...

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