

Guide to Ketogenic Diet for Weight Loss. 28 Day Meal

author: Redanso Singer

2026-08

Synopsis

author	Redanso Singer
readBy	Christie Crossley
inLanguage	english

The ketogenic diet or “keto diet” is an extremely low-carb, high-fat diet. It involves drastically reducing carbohydrate intake and replacing it with fat. This reduction in carbs puts your body into a metabolic state called ketosis.

Many different studies have shown that this type of diet can help you lose weight and improve your health. A ketogenic and/or low-carb diet may even help in the fight against diabetes, epilepsy, cancer, Alzheimer’s, and possibly many other health conditions and diseases.

Want to know more? Well, you are in the right place.

This is *Keto Diet for Beginners: The Comprehensive Guide to Ketogenic Diet for Weight Loss*. Everything you need to know about the ketogenic diet is contained right here.

Reader's comments

comment 1:

â€"â€" ()