

# Download Ketogenic Diet Everyday Healthy Recipes

The newest buzzword to hit the diet world seems to be keto — which refers to the high-fat, low-carb ketogenic diet. With claims that you can eat all the fat you want, never feel hungry again ...On the keto diet, you'll need to drastically cut your carbs, prioritizing protein, nonstarchy veggies, and healthy fats instead. What is a Keto Diet? A keto diet is well known for being a low carb diet, where the body produces ketones in the liver to be used as energy. It's referred to as many different names – ketogenic diet, low carb diet, low carb high fat (LCHF), etc. Ketogenic diets may have some benefits but are controversial. At the very least, it's difficult to stick with and could cause other health issues. - Ketogenic Diet Everyday Healthy Recipes