# 19-DAY KETO DIET MEAL PLAN

# **TO LOSE 20 POUNDS**



### LOSE WEIGHT



Learn about all the benefits of a ketogenic diet with our complete keto diet meal plan for weight loss. Get into ketosis and start burning fat faster than ever!

# STAGE 1

Stage 1 of our Keto Diet is going to be the first strict 5 days where we will force our bodies into ketosis. You will notice a few side effects as you adapt to the diet.



## STAGE 2

Stage 2 of our Keto Diet provides recipes that are a little more balanced in macronutrients. By this stage you will already be in ketosis and will be losing weight.

# STAGE 3

By Stage 3 of our Keto Diet you will have noticed significant results and substantial weight loss. You'll be getting a hang of the diet and feel more motivated.



ketodiet yum

# **How To Lose Your Belly Fat With The Ketogenic Diet**

Jianjun Gao

How To Lose Your Belly Fat With The Ketogenic Diet:

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