

CUSTOM KETO

DIET PLAN

8 Week Custom Keto Diet Plan PDF for beginners

The 8-Week Custom Keto Diet Plan PDF offers an easy to start, simple to follow, and super effective program, even for beginners. This program developed with the help of leading nutritionists, personal trainers, and chefs will allow you to easily create a complete keto meal plan customized to your body, situation, goals, and taste buds.



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There's absolutely no denying that the keto diet works. Yet, getting it to work for you can be a Herculean task if you don't know what to do.

The main goal of the keto diet is to put your body in a state of ketosis, where it taps into fat for fuel rather than relying on glucose.

If you can achieve this state, you'll constantly be in fat burning mode and will not have food cravings because your body has an ample supply of fuel.

This is a fantastic state to be in, but it's hard to achieve because the moment you consume a little bit more carbs than you're allowed, your body will go out of ketosis...

And you'll need to use keto strips and a meter to check if you're in ketosis.

All of this is a hassle, and it usually happens because most keto dieters DO NOT have a plan.

The key to succeeding with this diet is to have a proven blueprint to follow.

You must know the foods you can eat, the macros, the meal timings, and so on. It may all seem overwhelming, but it's not.

That's exactly why Rachael Roberts' program, The 8 Week Custom Keto Diet Plan PDF has become an online bestseller.

Let's see why it's so successful, especially for beginners...

1) The fact that the plan delivers results in 8 weeks makes it very appealing. This is the biggest advantage of The Custom Keto Diet Plan PDF.

No one wants to be spinning their wheels for months and going nowhere. This plan gets you results in 56 days.

2) There are many positive testimonials and success stories that lend social proof to Rachael's plan. You can't buy customer results. Only if your program works will people see results – and this one does!

3) The biggest obstacle when it comes to adhering to the keto diet is finding foods that comply with the ketogenic diet's principles.

Eating out becomes a chore, and preparing your own meals becomes a science experiment.

How many macros? Does this have carbs? How many calories is in this dish? Do I use cheese?



The questions and doubts just don't end.

Thankfully, The 8-Week Custom Keto Diet Plan PDF for beginners gives you a wide range of recipes you can follow, and these dishes are tasty!

There's no need to sacrifice taste for weight loss.

You'll not only have recipes you can follow, but the dishes will keep you in ketosis, and you will lose weight.

4) You'll also be provided with a plan that allows you to estimate just how much time you'll need to lose the excess pounds.

Very often, keto dieters expect miracles and have unrealistic expectations.

As a result, they get dejected when they don't see the weight drop as fast as they thought it would.

They then blame their genes and throw in the towel.

With the chart in The 8-Week Custom Keto Diet Plan PDF, you can guesstimate your progress and manage your expectations.

Even here, there are many variables to consider.

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So, use the plan to have a rough idea of how much fat you can lose, but don't expect the numbers to be exactly the results that will apply to you.

5) Each recipe in this plan comes with the macros and micros listed. This nutritional information will help you to make the right food decisions.

6) Notice the word 'custom' in The 8-Week Custom Keto Diet Plan PDF?

That's because the plan is tailored to suit your body type, activity level and so on. You'll be required to fill out a few details before downloading the plan... and one will be customized for you to give you the best results.

This is excellent. People have different body types and activity levels.

So having a plan made for you is better than following a one-size fits all approach.

7) Rachael Roberts is a credible authority and knows what she's talking about. That's definitely a plus point here.

8) After downloading the files, you can try The 8-Week Custom Keto Diet Plan PDF for 2 months without any risk.

That's fantastic. Considering that this is an 8-week plan, you'll have 56 days to make it work and see results.

9) You'll get immediate access to this course after the download and can start right away! No excuses here.

The keto diet is not particularly restrictive. But there are rules to follow.

While the Custom Keto Diet lays it all out for you in a simple step-by-step plan, ultimately, your success will depend upon your compliance with the plan. Consistency and a minimum of discipline are required.

The good news is that the Keto Diet is much easier to follow than any other diet. That's why it's so popular.

If you're planning on starting with the keto diet, you'll definitely want to start off correctly by following the instructions and techniques provided by The 8-Week Custom Keto Diet Plan PDF.

In concept, the keto diet is simple. Consume fats and minimize carb intake. Easy, right?

Yes, it is. But It's also easy to come out of ketosis because of hidden sugars and carbs that may be present in your meals without you even realizing it.

The effectiveness of the keto diet is directly impacted by whether you're in ketosis or not. This fundamental keto law cannot be flouted if you want to see positive results.

So, The 8-Week Custom Keto Diet Plan PDF gives you a detailed plan to follow. It has worked for thousands of people because it takes guesswork out of the equation.

When you follow the plan, you will succeed within 8 weeks. You want to see the fat melt off, don't you?

Then you need to follow the plan. There's no need to even think. Use The 8-Week Custom Keto Diet Plan PDF to banish your fat in no time at all.

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