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Target Keto: The Targeted Ketogenic Diet for Low Carb Athletes to Burn Fat Fast, Build Lean Muscle Mass and Increase Performance (Simple Keto) (Volume 3)

Siim Land

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Have you heard about the ketogenic diet? It's proven to be great for rapid weight loss and fat burning. In addition to that, it's can be used to reverse diabetes and other medical conditions. The targeted ketogenic diet(TKD) is an advanced variation of standard keto. It is most commonly used by low carb athletes to increase performance while burning fat for fuel. Also by bodybuilders to build muscle without gaining fat. TKD is for the serious athlete who trains like a beast and eats low carb. It's an ESSENTIAL tool for anyone wanting to increase their performance on a ketogenic diet. Target Keto can be used to make EXTREME muscle and strength gains, while not putting on an ounce of body fat. Whatever your reason or condition, you will most definitely benefit from this. Target Keto is a book about the targetedl ketogenic diet. It will teach you everything you need to know about low carb performance, rapid weight loss, and nutritional ketosis. It's written in a way that everyone can understand and start practising the TKD approach. Target Keto gives you A simple plan to start the targeted ketogenic diet for beginners. Everything you need to know about the keto diet and low carb eating. Information how to use both carbs and fat for fuel. Target Keto can be used to: •Lose body fat and get shredded without depriving your body. •Build lean muscle and size while not getting fat. •Get stronger, faster and more powerful as an athlete. •Battle diabetes and reverse other medical conditions. •Improve mental focus and attain Jedi-like concentration. •Protect yourself against cancer, tumors and coronary heart disease. •Increase your longevity and insulin sensitivity. •Become fat adapted and start using fat for fuel. •Experience mental clarity and feel amazing. •Have access to abundant energy all of the time. •Reduce your hunger and lose sugar cravings for good. •Eat mouthwatering and delicious meals that leave you satiated for longer, including carbs. If you're more than the average weekend warrior, then Target Keto is just for you. The targeted ketogenic diet is a great tool to eat low carb while still performing at your best physically as well as mentally. The author Siim Land is a modern day reneissance man and a hunter-gatherer. A holistic health practitioner, fitness expert and an author. Having practiced the ketogenic diet for several years, he has managed to improve his health, performance and longevity. You can do the same and start practising the targeted ketogenic diet. If you're a low carb athlete wanting to burn fat, build lean muscle and increase performance, then Target Keto is what you need.

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