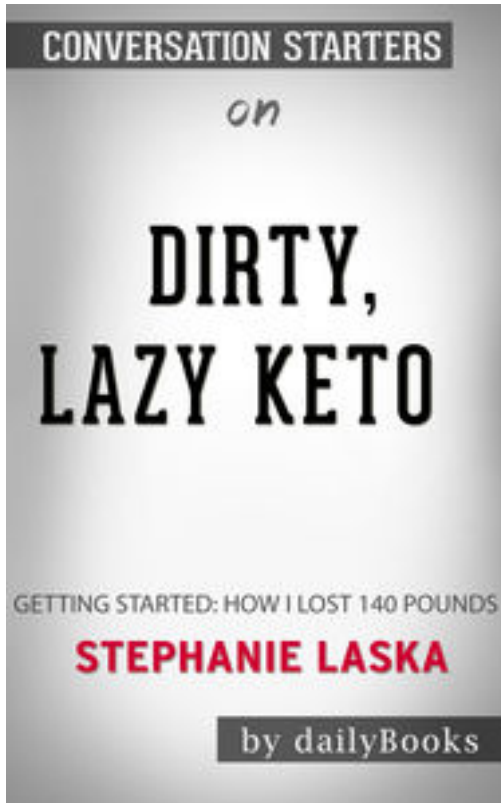


# Dirty, Lazy, Keto: Getting Started: How I Lost 140 Pounds By Stephanie Laska: Conversation Starters Read EBooks PDF English Daily Books



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Stephanie Laska was a size 26 and weighed almost 300 pounds. Classified as obese III on the BMI scale, she couldn't find clothes that have her size. Seatbelts didn't fit her either. Her diets didn't work and was about to give up dieting altogether when she came across the keto diet. "In my opinion, there are way too many rules and expectations about eating a high-fat diet, a no sugar diet, high protein diet, NSNG or even intermittent fasting. It's all too confusing and overwhelming." Her experience proved that she was able to enter ketosis, the "fat burning", stage, without having to strictly follow the rule book.

Dirty, Lazy Keto is an Amazon #1 bestseller in the diet, nutrition, and self-help categories.

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