

# `System`! Custom Keto Diet Reviews 2021 - Does this 8-Week Weight Loss Diet Work?

[ Updated : March 04, 2021 ] → [[ Online Users - 52,581 ]]

The Custom Keto Diet program by Rachel Roberts is an 8-week meal plan guide that helps users start and optimize the ketogenic diet no matter if male or female. Custom Keto Diet is a carefully designed program to help millions of people struggling with their weight. Despite the popularity of the keto diet, majority of people are unable to create a diet plan on their own because they can't calculate their micro and macro calories.

**Click The Link Below to get 50% OFF on Custom Keto Diet.**



A custom keto diet is a guide personalized for an individual's body, goals, situations, and taste buds. The plan is tied to your unique needs and dietary preferences, ensuring you achieve optimal progress and have an enjoyable meal program. It works best for you, thus no more suffering on overly-restricted and ineffective diets. Do you want to get rid of all the guesswork in your weight loss journey? Well, the custom keto meal plan guarantees your desire's results. This keto diet has been developed by personal trainers and leading nutritionists plus chefs. It's convenient, effective, affordable, and enjoyable, as most people would prefer. Rachel Roberts is the developer of the plan, which she used, and it worked. That's why it's trustworthy.

## **Why Choose This Keto Diet Plan?**

Most nutritionists are on the verge of generating more income by providing scams, lies, and myths to people desperate for losing weight. They do this in the name of helping clients improve their overall appearance and general health. It's sad how the recently posted diets blogs on various platforms don't work. They only leave one frustrated. Imagine statistics stating that 71.6% of Americans of over 20 years are overweight. Out of this percentage, more than half are obese. Well, suppose you follow any nutrition plan as prescribed by a guru, but still, carry extra calories, don't worry because it's not your fault. Our program got you covered fully for your needs. Honestly, it never matters your genetic makeup or the feeling you acquire after several dietary trials without significant changes. You can still get the lean body with that

dream appearance and shape. Achieving such goals isn't as hard as most professionals and gurus will make it sound to you.



### Is Custom Keto Diet A Scam?

The custom keto diet is a plan where one consumes minimal carbs, moderate proteins, and many fats. That means you'll eat a lot of fatty foods. The purpose is to put you in a ketosis state. To explain, usually, the body largely uses glucose to fuel itself. However, minimizing carbohydrates consumption makes it hard for that to happen. The brain can't survive with fuel from fat, that's why you need ketones to replace glucose. Studies show that people who consumed more fat than carbs lost more weight compared to those who had fewer carbohydrate diets. The eight-week plan is designed from experience and leader expertise knowledge- personal trainers, dieticians, and chefs.

The diet is personalized to your macro intake and idea calorie consumption. Because messing up the macro and calorie intake, you might be needed to start afresh. It also contains delicious and yummy food as per your preference. It has extensive research with united opinions from the leading nutritionists and chefs to offer mouth-watering ingredients and recipes. You'll be let looking forward to the next meal. Despite it making your meals enjoyable, you can use the plan for longer. It also contains various foods. The different foods ensure you get several nutrients as you enjoy the diet. Users will again access simply to understand step by step recipe guide. No need to worry if you've no cooking experience because instructions are fully provided and in the clearest way. Furthermore, you'll get a downloadable grocery list to help save your time to the supermarket, looking for what to buy. One gets a downloadable shopping list weekly to keep you on toes and up to date. This program has been used before and worked for many people who recommended it to others. Therefore, it's legit, no scams about it.

### How Custom Keto Diet Works

- The [official website states](#) all the benefits of the Custom Keto Diet plan,
- Significantly reduces fat burning, and regulates your blood sugar levels
  - Very simple to follow, and you will actually stick with the diet plan
  - Hunger cravings will fade quickly
  - No exercise involved
  - The custom keto diet is not just a fat loss diet, it's also a healthy diet
  - Consumers will start to lose fat automatically

Mistakes of Dieting, and How Custom Keto Diet Helps

Rachel explains that there are four fairly common mistakes that consumers make when they diet that can keep them from losing weight. Those mistakes include:

- “Not being in a calorie deficit.”
- “Severe calorie restriction.”
- “Thinking all calories are created equal.”
- “Following an unrealistic, overly restrictive diet.”

While the body needs to consume fewer calories than it consumes to burn through the stored fat, no one should go through extreme restrictions to their calories to create this deficiency. Without enough calories in the body, the metabolism drastically slows down to preserve itself. There needs to be enough of a deficiency in calories to create a demand, but not so much of one to create such a huge gap.

The type of calories consumed plays a considerable role as well because consumers need to eat foods that are high enough quality to act as fuel. Still, consumers should be able to eat foods that are easy to make and realistic to incorporate into the user’s lifestyle. For someone who has constant obligations for their time, quitting a diet that is demanding is much more likely.

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