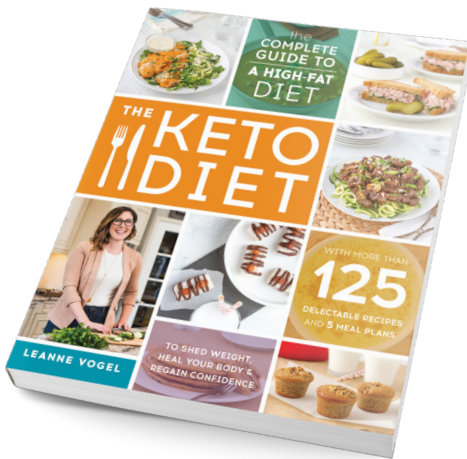


LEANNE VOGEL DEBUTS

THE KETO DIET

THE COMPLETE GUIDE TO A HIGH-FAT DIET,
WITH MORE THAN 125 DELECTABLE RECIPES
AND MEAL PLANS TO SHED WEIGHT, HEAL
YOUR BODY, AND REGAIN CONFIDENCE



Acclaimed Nutrition Expert Delivers Excellence with Her Simplified Approach to Living a Ketogenic Lifestyle

FEBRUARY, 2017—Leanne Vogel, founder of the esteemed nutrition destination site HealthfulPursuit.com and the voice behind The Keto Diet Podcast, will release her highly anticipated new cookbook, *The Keto Diet: The Complete Guide to a High-Fat Diet, with More Than 125 Delectable Recipes and Meal Plans to Shed Weight, Heal Your Body, and Regain Confidence* – slated to hit bookstores worldwide on April 11, 2017.

Leanne's success stems from her wildly popular website and her personal journey to finding true health through adopting a ketogenic lifestyle. After many years of battling illness and weight fluctuation, Leanne found the key to success – a nutritional model that draws from the extraordinary benefits of healthy dietary fats while minimizing non-essential carbohydrates.

Leanne has dedicated her career to helping people break free from the diet roller coaster and embrace a fat-fueled life. *The Keto Diet* will guide you each step of the way in adopting a keto-adapted lifestyle that will enable you to burn body fat, lose weight, feel stronger and more energetic – without the typical

feelings of “diet deprivation”. With Leanne's fool proof keto guide, meal plans, and her most delectable and satiating recipes – reader's will say goodbye to hunger and find real results.

The Keto Diet puts a modern spin on a high-fat, low carb diet by doing away with the “one size fits all” philosophy. Leanne offers a customizable approach that is tailored to the unique needs of the individual and provides the tools to empower everyone to develop a personalized nutrition plan that offers limitless options - eliminating the many restrictions of the ketogenic diet from years past.

The Keto Diet boasts over 125 healthy and delicious paleo-friendly whole-food recipes that will help your body burn fat, five personalized 30-day meal plans that walk you through a month of eating keto targeted toward your goals, tools to make your keto life a breeze including guides for your favorite grocery stores, yes/no food lists, food sensitivity replacements, how to go dairy-free to reduce inflammation, and so much more.



SAMPLE RECIPES INCLUDE:

CHICKEN CRISPS

BACON-WRAPPED MINI MEATLOAVES

CRUSTY SANDWICH BREAD

WALDORF-STUFFED TOMATOES

NO-NUTS BROWNIES

CHICKEN POT PIE CRUMBLE

CHOCOLATE-COVERED COFFEE BITES

The Keto Diet: The Complete Guide to a High-Fat Diet, with More Than 125 Delectable Recipes and Meal Plans to Shed Weight, Heal Your Body, and Regain Confidence is priced at \$34.95 (ISBN: 9781628600162) available on in stores worldwide on April 11, 2017 and is available for preorder today at all online retailers.

The Keto Diet is published by Victory Belt Publishing.

ABOUT LEANNE VOGEL

Leanne Vogel is the founder of Healthful Pursuit, best-selling author of over 11 health programs, host of The Keto Diet Podcast, and the creator of Fat Fueled living - a holistic, paleo-friendly approach to a ketogenic, high-fat diet. She has been in the field of nutrition since receiving her holistic nutrition certification in 2007. Leanne shares free videos, podcasts, recipes and keto-friendly resources on her blog, healthfulpursuit.com

ABOUT VICTORY BELT PUBLISHING

Victory Belt Publishing is the leading national publisher for health and fitness books, specializing in the paleo and ketogenic lifestyle. Lead by Erich Krauss, Victory Belt has published many New York Times bestsellers and is hailed one of the top mid-sized publishers nationwide. The secrets to success, Krauss won't give away, but he and the Victory Belt team work one on one with authors from inspiration to completion resulting in world class titles groomed for bestseller lists.

For additional information, please visit www.victorybelt.com



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