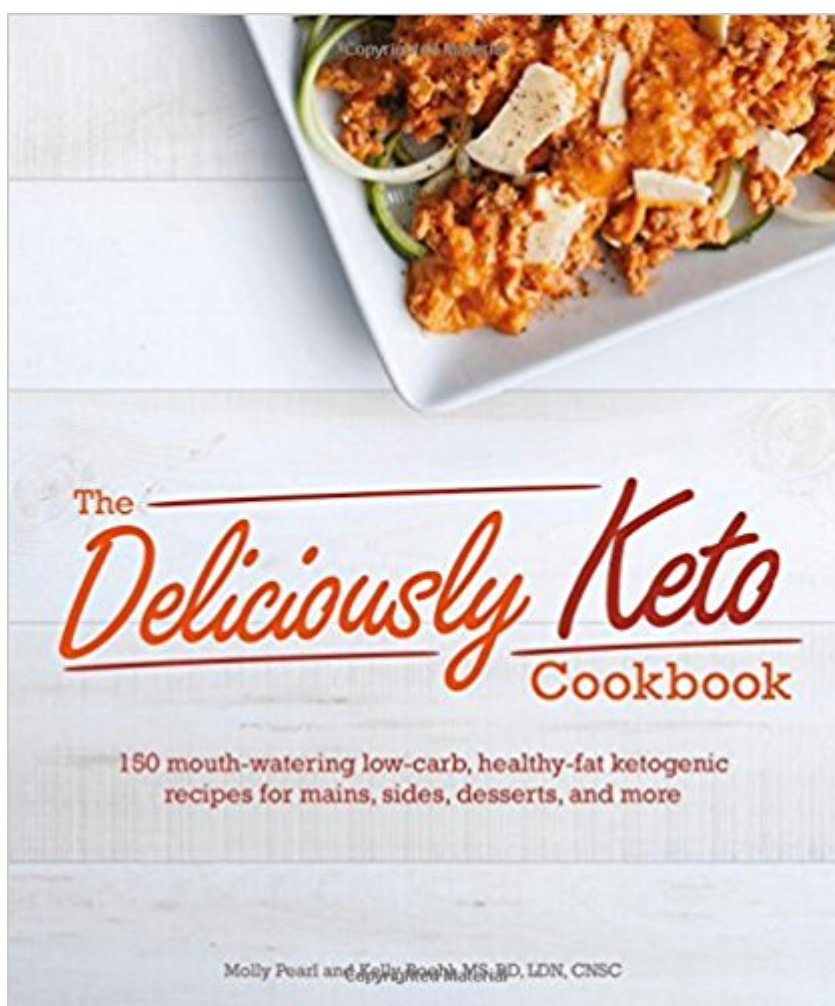


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# The Deliciously Keto Cookbook: 150 Mouth-watering Low-carb, Healthy-fat Ketogenic Recipes For Mains, Sides, Des



## Synopsis

The Ketogenic diet is a high-fat, moderate-protein, low-carb diet originally developed to reduce the frequency of seizures in epilepsy patients. More recently, however, it has found a mainstream audience who view it as a real foods-based diet with weight loss and other overall health benefits. By focusing on dietary fat and ketones instead of simple carb-derived glucose as a primary energy source, the body becomes more efficient at burning body fat and is spared the conversion of leftover glucose calories into body fat. The Deliciously Keto Cookbook offers 150 deliciously satisfying recipes for breakfasts, appetizers, snacks, mains, desserts, and sides, all designed to help readers set and reach personal health and weight loss goals. The recipes follow a high fat/low protein/ultra low carb ratio designed to induce readers into a state of nutritional ketosis where they are consistently burning ketones (fat molecules) for energy instead of glucose (carbohydrates). Additionally, readers who have attained health goals and are looking to follow a longer-term maintenance program will benefit from simple modifications for each recipe that enable them to adjust the nutrient ratios to a slightly lower fat and slightly higher carbohydrate ratio. Also included: • Tips and tricks for cooking keto-friendly dishes, eating out on the keto diet, and managing the side effects, including the temporary "keto" flu that accompanies the induction of ketosis. • Helpful modifications that enable readers to modify recipes from a high fat induction phase to a moderate fat maintenance phase.

## Book Information

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Weight Loss > Low Carb

## Customer Reviews

Molly Pearl is the author of *Idiot's Guides: Mediterranean Paleo Cookbook* and *Idiot's Guides: Slow Cooking*, and has contributed recipes to *The Complete Idiot's Guide to Eating Paleo*. She currently writes for *Knives and Pearls: Primal Recipes for the Civilized Cook* ([knivesandpearls.com](http://knivesandpearls.com)). Kelly Roehl, MS, RD, LDN, CNSC, is a registered dietitian nutritionist at Rush University Medical Center in Chicago, Illinois. She specializes in ketogenic diet therapy for both adult and pediatric patients for the treatment of epilepsy and other neurological conditions, as well as for weight loss.

The recipes are great. I like that many of the recipes are for whole foods and not so much to create elaborate versions of foods you can't really eat anymore. The pictures are nice but there appears to be some mistake throughout the book where half of the pictures are shown twice and then there are no pictures for the other recipes. Just seems like a glitch.

A friend loaned us his copy. Within a week, we gave it back and ordered our own. Some of this stuff is more complicated than we were used to because you have to make some of your own ingredients. Small price to pay for better health.

Thsee recipes are fantastic, simple, and delicious. My family is really enjoying the change of pace this recipe book brought. There's every protein, and every meal. Even desert. The instructions are clear and concise, easy to maneuver in the kitchen. It may be my device but the cooking times seem a little off for the Kindle version. Highly recommend this cookbook, keto or not.

Love the focus on whole foods and natural ingredients. Recipes are practical and can be served to the whole family. I like that each recipe is broken down into ketosis macros. Beautiful photos too.

Havent started my Keto lifestyle yet

Love it

Its a nice read and I've picked up some great pointers.

It was OK but not great. Tried a few of the recipes. Probably won't use it that much. I've been cooking low carb for almost 20 years and there wasn't much new here.

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Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) The Deliciously Keto Cookbook: 150 mouth-watering low-carb, healthy-fat ketogenic recipes for mains, sides, des Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) FAT BOMBS: 120 SWEET AND SAVORY KETO TREATS FOR KETOGENIC, LOW CARB, GLUTEN-FREE AND PALEO DIETS (keto, ketogenic diet, keto fat bombs, desserts, healthy recipes, fat bombs cookbook, paleo, low carb) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) VEGAN KETO: The 120 most delicious vegan ketogenic recipes for weight loss and healthy living (ketogenic diet, vegan, keto, keto diet, ketogenic, ketosis, keto cookbook, ketogenic cooking) Ketogenic Diet: 144 Ketogenic, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss and Fat Loss (Low Carb, Lose Fat, Low Carbohydrate, ... Eating, Ketogenic Cookbook, Keto Diet) Ketogenic Diet Fat Bombs: A Year of Keto Fat Bombs: 52 Sweet & Savory Low Carb Snack Recipes (Ketogenic Diet Fat Bomb Recipes for Rapid Weight Loss with Low Carb Desserts) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To

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