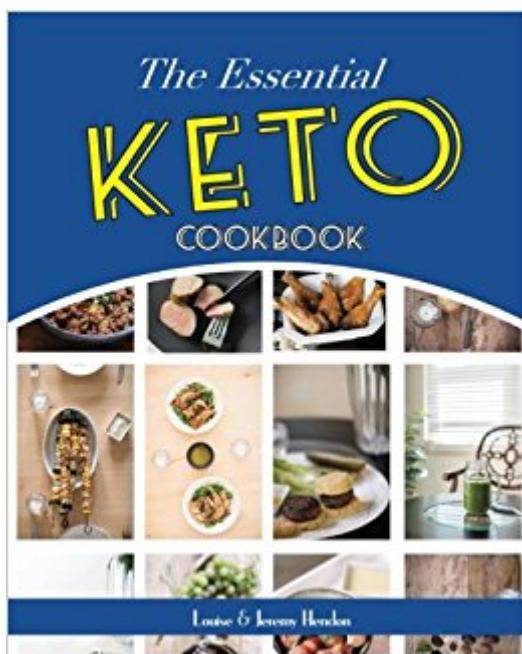


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# The Essential Keto Cookbook: 124+ Ketogenic Diet Recipes (Including Keto Meal Plan & Food List)



## Synopsis

THERE IS A NEW (2ND) EDITION OF THIS COOKBOOK! PLEASE SEE THAT VERSION, AS IT INCLUDES ALL NUTRITIONAL DATA AND UPDATED MEAL PLANS 200+ pages of full-color and beautifully-designed ketogenic recipes, filled with helpful cooking tips, high resolution recipe photos, as well as scrumptious and easy keto low-carb) recipes. The Essential Keto Cookbook also includes... A complete KETOGENIC MEAL PLAN (including breakfast and dinner) A full KETOGENIC DIET FOOD LIST so you'll never be lost on the keto diet again. We've got you covered from morning til night. Enjoy ketogenic recipes like: Creamy Breakfast Porridge • Fiery Buffalo Wings • Jalapeño "Corn" Bread • Mini Burgers • Cauliflower "Rice" • Chocolate Biscotti • Thai Chicken Pad See Ew • Coconut Ghee Coffee • Easy Bone Broth • Chinese Pork Spare Ribs • Fish Tacos • Beef Curry • Popcorn Shrimp • Chocolate Coffee Coconut Truffles plus 110+ more keto recipes that will delight your tastebuds, nourish your body, and help you lose fat and stay in ketosis. All recipes in this cookbook are fully compliant with the ketogenic diet and are also sugar-free, low-carb, gluten-free, grain-free, dairy-free, and legume-free, but yet still super-tasty. And we've got breakfast keto recipes, keto snack recipes, keto dessert recipes, as well as keto appetizer, entree, side dish, and drink recipes. So you can enjoy all these amazing low carbohydrate meals knowing that you'll not only be losing weight by following a ketogenic diet but also be improving your health by using low-inflammatory (Paleo) ingredients that are high in nutrients and low in toxins. To ensure you are eating low-inflammatory foods, we've also kept the use of nuts and seeds to a minimum and omitted all dairy (except ghee, which can be substituted) from the recipes. We want to help you not only to lose weight, but also to look healthy, feel full of energy, and keep that weight off for good! And this cookbook is designed to help you on that journey.

## Book Information

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## Customer Reviews

The Essential Keto Cookbook is a great cookbook for any people who are interested in learning more about a keto diet. The recipes are quick to put together and packed with tons of flavor. The book saves me tons of time figuring out what to eat when I am on a keto diet, and it's great for everyday use.- Chih-Yu Smithiheartumami.com --This text refers to an alternate Paperback edition.

Do you remember the first time you heard of the Toyota Prius? You might have loved or hated the idea of a hybrid car. Either way, shortly after you first heard about the Prius, you probably started seeing them everywhere. That's what happened to me with the ketogenic diet. And there's a good reason that the ketogenic diet is exploding in popularity. When I first heard about ketosis, I was eating a high-carb Paleo diet. And I was doing very well on it. I had healed my autoimmune condition and was performing well athletically. So I was a bit skeptical about keto. After all, how on earth could an athlete ever perform without carbohydrates? But I just kept hearing about this diet. Every time I listened to a podcast, people were talking about this new anti-inflammatory and ultra-efficient energy source called beta-hydroxybutyrate. And the people talking about ketosis were people I greatly respected. Tim Noakes got excited about high-fat and ketogenic diets. And then I interviewed the brilliant Dominic D'Agostino for my podcast. What he said blew me away and pushed me over the edge and into a new way of eating. We're now good friends. I won't say that I'll never go back to eating more carbs. But I can't imagine it right now. I love having more energy than ever and especially being free from constant hunger. My health is better than ever, and my performance on my bike is amazing. And in my practice, many of my clients also see amazing results from a ketogenic diet. That's why I love that Louise has created this amazing cookbook. It's a tool that you can use to greatly improve your health and likely lose more than a few pounds if you want. So what's the secret to ketosis? Scientists continue to look for a biochemical advantage to being in a state of ketosis, but there may be no huge "secret." Ketogenic diets may work their "magic" for weight loss simply through efficient appetite suppression. Make no mistake, though - this appetite suppression is an extremely powerful

if you want to lose weight. The primary reason people fail on diets is because they get hungry and can't stick to the diet. And in addition, I often hear from clients (months after they've finished a healing program): "I'm in ketosis, and I feel fantastic," they say. Especially the men - men always seem to do great on ketogenic diets, and by great I mean leaner, stronger and more energetic than ever. So, if you're ready to get leaner, stronger, and to regain your energy, then please let Louise's book help you - enjoy her delicious and nutritious recipes. Remember to prioritize food quality, resist the temptation to eat high-fat dairy, avoid artificial sweeteners as much as you can, and don't forget to eat vegetables! Luckily if you follow the recipes in this book, all of these important aspects of a ketogenic diet that most people forget about will be easy to implement as all of the recipes already take these aspects into account. So, all that's left is for me to wish you luck and to enjoy all that extra energy you'll be living with. Christopher Kelly Nourish Balance Thrive --This text refers to an alternate Paperback edition.

I like the book and the format, easy to read and nice pictures. BUT I can't use the book to plan meals for the day. Without the carb, protein and fat grams I have no idea what I can eat. I try to keep under 30 carbs a day, so I really need to know how many I have eaten so I can plan my next meal. If I like a recipe, I use Bing and find it online and hope it has the nutrition information. I use this book as ideas and inspiration. The strange thing is that on Louise's blog she lists the carb, fat and protein for her recipes there maybe they forgot it when the book was printed.

Great introductory information. Simple and (so far) delicious recipes. Unfortunately NO complete recipe index (only indexes for each food or menu grouping)

I am not a big fan of the Kindle format. I like the content, but...Get the hard copy, especially for cookbooks.

great receipes

NOTATION OF PERCENT OF CARBS, PROTEIN AND FAT IS MISSING!!! HOW IN THE WORLD can a ketogenic diet cookbook NOT have the amount of carbs, protein and fat in each of the recipes????? Seriously!? An interesting thing that I noted... each of the many good reviews were within just a few days of each other. Sounds like a marketing scam in the works!

The recipes are simple and provide enough information--the 2nd edition does include basic nutritional info like net carbs (although not total carbs), fat, calories, and protein. Not all recipes have photos, and the photos are not marked as to which recipe they are (but you can usually figure it out by context). Most of the recipes look worth preparing. Several of the recipes are as basic as can be imagined; for example, there is an avocado salad that consists of avocado chunks with oil and vinegar. I think this is the keto equivalent of telling someone how to make a bologna sandwich. The book does include drinks recipes that are unusual to include in a cookbook but are appreciated. I have added photos of the recipe listings so that people can decide whether the recipes fit their needs. I appreciate that the recipes do not call for outlandish, time-consuming, expensive, or hard-to-source ingredients. That's great and a bit unusual in this category of cookbooks. There is no index, just themed chapters with a table of contents at the beginning of each chapter. This makes it difficult to find a desired recipe. One has to remember to which category a recipe belongs, which is made especially difficult because they are not consistent. Salads, for example, are spread out between Appetizers and Side Dishes and one has to flip to each chapter to find the desired recipe. Page numbers are inset too far into the page to make flipping pages while scanning for page numbers tricky. The book itself is of low-medium quality. Pages are the thickness of copy/printer paper. Content bleeds through to other pages. Photos have low color saturation. Font size is inconsistent. This book will be very susceptible to water damage. The cover is flimsy. If this cookbook had been in the \$10-15 range then I would have been content. I will prepare some of the recipes! But \$25+ with a \$35 suggested retail price is not appropriate. That makes it more expensive than Moore and Emmerich's "The Ketogenic Cookbook", for example, and that book has more content, better construction, photos for each recipe, and an index.

First of all, I'm a big fan of Louise and her work in general. I thought the cookbook was well laid out and beautifully done. The book does great job of providing clarity regarding the keto diet; and the "mistakes to avoid" & tips sections are very helpful. The book also sets a realistic expectation - the diet is not magic and each body will respond differently, but as she says, "there's no downside to eating recipes from this book". The cookbook is very well rounded with recipes for everything from beef, to side dishes, to condiments/sauces, to oxtail; along with a few recipes for the pressure cooker and the crockpot. The book also provides a 2 week meal plan which on occasion, makes use of leftovers (I appreciate that in a meal plan - makes things even easier) and the food lists are useful. I've made four of the recipes and I enjoyed them all. I will make a few adjustments to a couple of those recipes to suit my own personal taste and preference, but I do that with most

recipes - we all have our own preferences and I don't view that as a downside to the cookbook. My favorite recipe so far is the Fish Curry. Fish is not my favorite and I'm always looking for ways to work it into my diet and this one is a home-run, I loved it! I'm looking forward to trying many more!

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