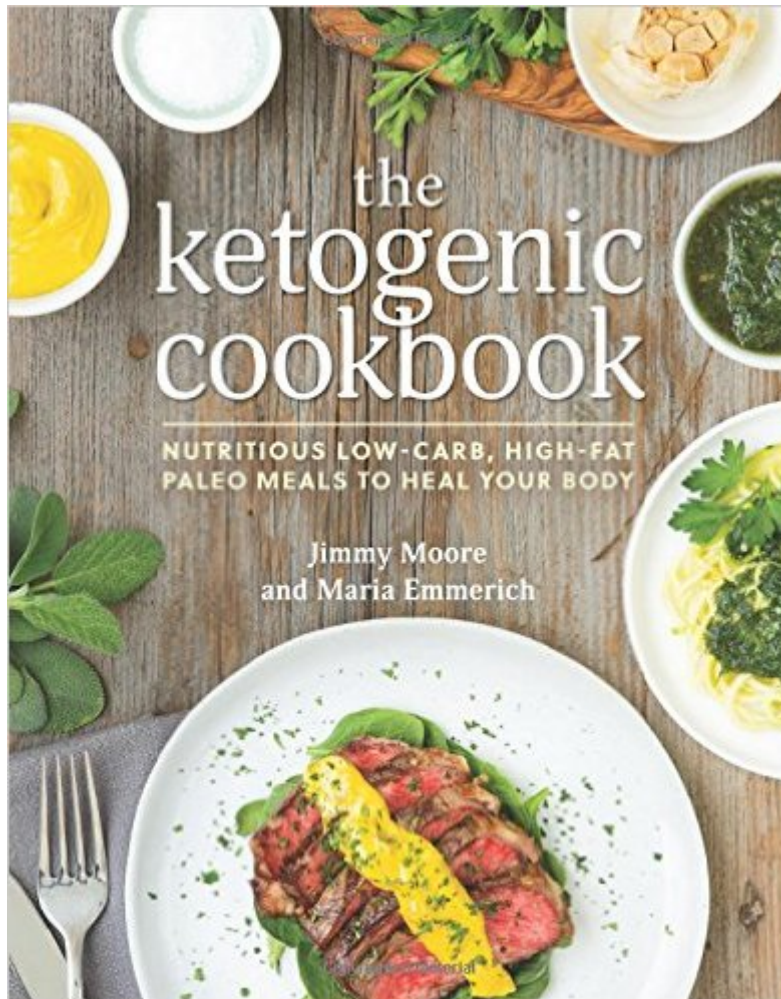


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# The Ketogenic Cookbook: Nutritious Low-Carb, High-Fat Paleo Meals To Heal Your Body



## Synopsis

In 2013, the fifth-most Googled diet search term was ketogenic; in 2014, it rose to number two. Now, the highly anticipated Ketogenic Cookbook is set to be the ultimate resource for the growing number of people interested in eating a low-carb, moderate-protein, high-fat diet to lose weight, improve their health, and heal their bodies from the inside out. In this first-of-its-kind collection, Jimmy Moore, leading low-carb diet blogger and podcaster and bestselling author of Keto Clarity, joins forces with fellow keto advocate and nutritionist Maria Emmerich to bring you more than 150 delicious, real food-based, keto-friendly recipes that are ideal for anyone who wants to be in nutritional ketosis or simply wants to eat healthier. In addition, The Ketogenic Cookbook explains why a ketogenic diet can help treat chronic illnesses from type 2 diabetes to heart disease to epilepsy, offers practical advice for pursuing nutritional ketosis, outlines the unique combination of whole foods that will help you become ketogenic, and much more. If you're seeking a healthier way to eat that will help heal your body of damage done by years of eating tons of sugar and carbs, the ketogenic diet may be for you. There's no need to sacrifice taste for good health!

## Book Information

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## Customer Reviews

(This is a verified purchase in the Canadian site) I am not in the habit of posting reviews on - it's a transgression of mine. But I had to make an exception for this book. If I could summarize this book into one word, it would be: WOW! Yes the book is beautifully presented, yes the photos are

gorgeous, and yes the recipes are your typical favorite fare (rather than obscure things no one would typically eat). But the important question always is: are they delicious? Well... I can't answer for all 200-some recipes, but I can speak for one in particular that I tried just this morning. Keto-pancakes. If you've low-carbed long enough, you've tried pancakes alternatives and you know they typically always suck. Sure you can make decent pancakes, but mouth-watering one? No... At least not until now. I followed this book's recipe and was simply blown away! Not only was the flavour fantastic, but it's the type of pancake you'll stare at and wonder: "how can there be no carbs in this???" And so, I can honestly wholeheartedly recommend this book to everyone following a low-carb lifestyle. You won't regret your purchase, and I have a good every other recipe in this book is just as amazing. Thank-you to both Jimmy and Maria!

Â I'm a huge fan of Jimmy's work. My wife and I loved Keto Clarity and we were pumped to try out some of the recipes in Jimmy's new book. So far we are very pleased. I love the herb infused butter, grain-free/low-carb deep dish BBQ pizza and the many dressings and condiments to increase the flavor of your vegetables and protein dishes. (Psst...I'm going to be sure to try the MCT oil roasted garlic tonight. We love garlic around here.) Eating low-carb can be fun and tasty, Jimmy shows you the way. As a bonus, the prep times are relatively short and don't require dozens of ingredients.

I have been paging through this wonderful book for a while and have been dying to try out the "bread" recipe. I did however make it a couple of days ago and oh my goodness I wish I had made it sooner, I was not disappointed. This bread is the best grain free recipe I've made in ages, thanks to Maria Emmerich. I'm not kidding when I say it tastes just like bread. It's so soft and light and a breeze to make. It keeps well and makes great toast the next day. Yum! Like she says people call it "Wonder Bread". I say it's the REAL wonder bread! ;) There are so many great and healthy recipes to try in this book even if you are not "Keto" and want to stay healthy. I would highly recommend it to anyone who is on a low carb and high fat diet. Maria does a great job explaining what Keto is and how to incorporate it into your lifestyle. The meal plans are a plus. Maria has a lot of basic recipes that start you on the right foot and then she goes on to some really amazing stuff! Keep up the good work Maria! This book will go right on my bookshelf next to Danielle Walker's "Against All Grain" and Dianne Sanfilippo's Practical Paleo amongst many great paleo friendly cookbooks. FYI with one recipe for the Keto bread, I made a small loaf of bread and one 10" pizza crust.

This book is such a great addition to the REAL food/low-carb/keto cookbook scene. I love that this book is not only gorgeous & well-written, but it's chock-full of healthy, low-carb/ketogenic recipes! There's a nice variety from the bit more complex dishes with sauces, etc, to the more simple variety... as well as offering some vegetarian options too. I like that this book promotes a healthy, sugar-free whole foods lifestyle, but yet does not promote the use of artificial ingredients - using only natural based sweeteners such as stevia & erythritol. Also, it's nice to see each recipe with a full-color photo, macronutrient breakdown with percentages, & a reading on the ketogenic meter (how keto a recipe is). My favorite recipes thus far are the Keto Pancakes with Brown Butter Syrup (great any time of day - especially brinner!) & the Dairy-Free Keto Vanilla Bean Ice cream, which is both simple & delicious. This book has a little bit of everything & has two great co-authors to thank for it!

The Ketogenic Cookbook is so awesome and has over 150 recipes! I've lost 70lbs within 6 months on the Ketogenic diet and having lots of recipes makes this lifestyle so much fun and livable! I highly recommend this cookbook, you won't be disappointed! Each recipe has macros posted and a really awesome photo of the completed recipe. There is something for everyone in here from snacks, meals, desserts, dressing, sauces and more!

This is an informative book as well as a cookbook full of amazing recipes that have been beautifully photographed. The Keto Bread is my favorite so far but I'm sure I will have many fav's as I work my way through the book. Who knew you could eat like this and stay in nutritional ketosis? Those following a Paleo diet and Bulletproof diet will love this cookbook also. Two thumbs up! And 5 stars, of course.

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