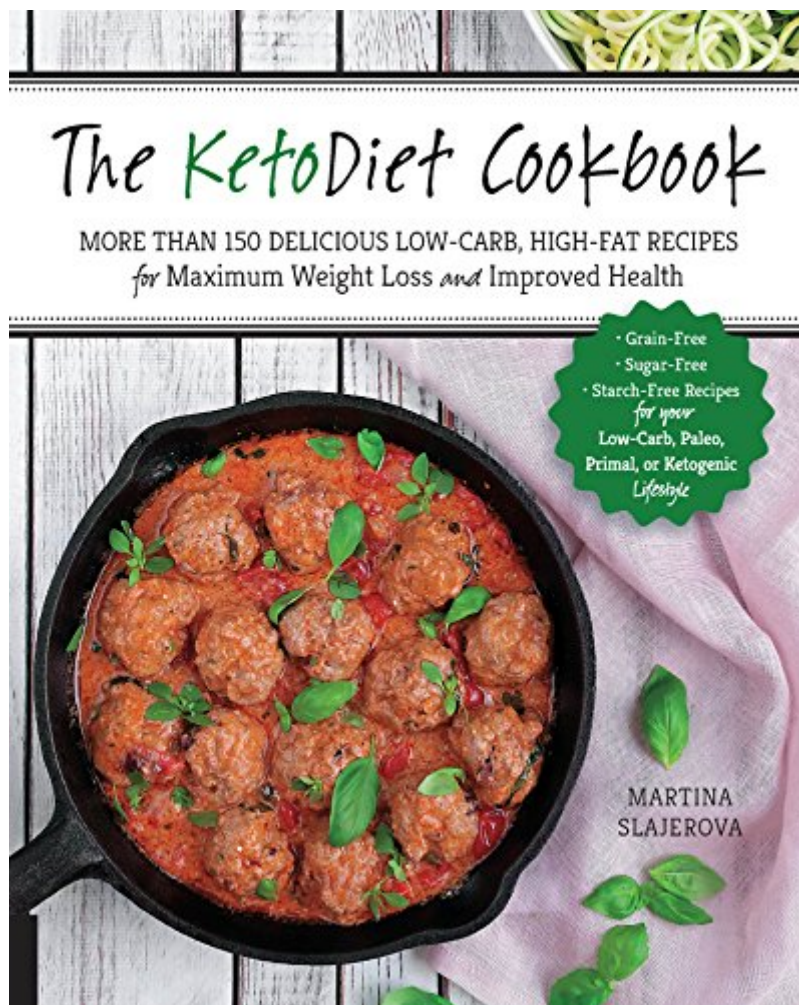


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# The KetoDiet Cookbook: More Than 150 Delicious Low-Carb, High-Fat Recipes For Maximum Weight Loss And Improved Health -- Grain-Free, Sugar-Free, Starch-Free ... Paleo, Primal, Or Ketogenic Lifestyle





## Synopsis

Live the Ketogenic Diet Easily and Deliciously! You love your Paleo or low-carb diet, but is it enough to give your metabolism the jolt it needs to really burn off that extra weight in order to live a healthier life? By eating foods higher in good fats, moderate protein, and little-to-no carbohydrates, you'll feel less hungry. Not only that, but your body begins to burn fats stores instead of the carbohydrates and glucose that usually bog down your system. The KetoDiet Cookbook contains 150 recipes and practical information for living and adhering to a ketogenic lifestyle. Martina Slajerova, founder of the KetoDiet blog, provides a complete guide to the ketogenic diet based on the most recent research. Discover the science behind the ketogenic diet and the abundant practical solutions that benefit both beginners and advanced keto-dieters. Indulge in 150 recipes created to be perfectly compatible with ketogenic, low-carb, high-fat, gluten-free, grain free, Paleo, primal, and ancestral diets. Recipes featured in The KetoDiet Cookbook are totally free of:- Grain- Sugar- Potatoes- Legumes- Additives/Artificial sweeteners- Unhealthy oils/fats Dairy-free options are also included. With soups, breakfasts, appetizers, sides, and sauces, you'll be enjoying delicious meals while giving your body the boost it deserves!

## Book Information

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## Customer Reviews

As a nutritionist who helps clients implement low-carbohydrate and ketogenic diets, I'm always on the lookout for recipe resources I can recommend to help folks stick with these nutritional strategies without getting bored of the same foods over and over again. Martina Slajerova, creator of the popular KetoDiet App, has put together a fantastic cookbook for people who follow grain- and sugar-free diets, and who also need to limit their starch intake. Thus, this book is suitable for low-carb and ketogenic diets, but also fits nicely into Paleo and Primal diets, as well as any dietary approach that simply includes delicious, nourishing foods. If you're tired of zucchini noodles and cauliflower rice, this book will open up a world of culinary possibilities to make staying on your keto diet a treat for your tastebuds. Your spice rack will get a workout as you make your way through recipes from all over the world: Slovak sauerkraut soup, Thai-style chicken stir-fry, keto falafel, ropa vieja, lamb meatballs with feta, lamb vindaloo, slow-cooked beef korma, spicy tuna sushi rolls, and more. There are also plenty of recipes for infusing the common go-to dishes with new flavors: curried chicken salad, bacon deviled eggs, grilled steak with chimichurri sauce, garlic-and-kale-stuffed pork tenderloin. Who said sticking to a "special diet" means deprivation? Since sugar- and corn syrup-laden condiments can sometimes be the undoing of an otherwise solid low-carb or keto diet, Martina provides recipes for keto-friendly ketchup, pesto, marinara sauce, and the one that's the most difficult to make a no-sugar version of: barbecue sauce. And if you miss the texture of bread, rolls, tortillas/wraps, and other flour-based foods, you'll find suitable versions of those, too, not to mention grain- and starch-free reinventions of foods that can help even the pickiest toddlers make a transition to this type of nutritional approach: fish sticks and chicken nuggets! This book has dessert and snack attacks covered, too. There's ice cream, fudgy mint brownies, crème brulee, keto hummus, curried coconut chips, chocolate & orange-spiced granola, and plenty of other treats and small bites to help you stay true to your low-carb/high-fat way of eating. And lest anyone be fooled that this dietary approach is nothing but bunless bacon cheeseburgers, there are recipes for low-carbohydrate vegetable dishes to broaden your palate while keeping you on plan. Like any good keto cookbook should, this book provides a macronutrient breakdown of each recipe, for people who prefer to track their intake of protein, fat, and carbs. Information is provided in grams as well as percentages, plus fiber and net carbs, so all the math is done for you. Very easy to enter into whatever tracking software you use, if any. Additionally, the beginning of the book outlines some very basic

information about ketogenic diets and introduces some of the ingredients that might be new to those who are just starting out on a low-carb/keto lifestyle, such as stevia and erythritol. If you are brand-new to this, I would recommend learning about the science of ketogenic diets elsewhere and then using this as a companion cookbook. If you're already familiar with the whys and wherefores, the opening section will still help reinforce the principles of eating this way: good quality meats and fats, low-starch vegetables, what to look for on labels of packaged foods, etc. If you find yourself bored of the same few recipes you stick to because you know they're suitable for your LCHF/keto diet, and you're looking to add to your culinary repertoire, The KetoDiet Cookbook will be very at home in your kitchen.

This book is amazing! I have been following Martina Slajerova's blog[...] for keto info/recipes/diet plans since May 2015 and have found her inspiring as well as a talented keto/food artist. Her new keto diet app is out as well as this terrific cookbook. Her recipes and resources have changed my life and body/physique. What I appreciate is how Martina has the ability to explain the keto diet as a way of life, making it easy to follow and doable. In a complex world I appreciate simplicity. This cookbook begins with understandable basic explanations, moves on to offer health and healing through a keto diet and then trendy recipes to fulfill that teaching. Going on a diet doesn't have to be drudgery but can be an adventure and Ms Martina proves that. She also proves that changing one's diet to become a healthy lifestyle doesn't need to be drudgery either! The meals are easy to make using healthy ingredients. The photos are beautiful and thoughtfully done. I got the paperback as well as the Kindle version! And gave 2 as gifts too! Need keto instructions or meal ideas then this is the book for you. I'm enjoying mine! I also appreciate how every recipe has dietary info along with the macros listed. Dieting is hard enough but Martina takes the guesswork out of ketogenic diet! Martina has also put together an ebook that joins with this cookbook to provide a 6 weekly free diet plan and allergy guide. It's an awesome tool for organizing the recipes and can be found at [...]. Brilliant and passionate work. Can't wait to see her next cookbook. February 25, 2016 update I have been cooking like crazy and was so pleased when Martina Slajerova made an ebook meal planner as a supplement to enhance its effectiveness. I am learning how to change from a carb-based diet to being keto-adapted. Funny how ppl are now asking me what I'm doing bc I am quite obviously losing inches and weight. I am also active on the blog site too which really helps and NO advertising to make the [...] site cumbersome. A lot of work and great recipes and advice!

This is an absolutely best keto-cookbook I have ever seen and used. Ingredients are easy to find

and if not, the author gives tips how to substitute or make at home. All recipes are from scratch and delicious. Also a variety of cuisines. This cookbook offers more than just plain boring salads.

Absolutely amazed

This cookbook is the best thing since sliced gluten-free bread. In particular, there are actually palatable, affordable recipes for gluten free bread, including one that is almond free (for those of us with nut allergies). now that is unusual and welcome! everything I've tried has been terrific. Truly very helpful!

Everything great except.. use a different sugar.. no alcohol sugars. Look at Dr.Mercola or Dr.Axe for better choices

Martina's web site and blog and this cookbook have been a wonderful resource for my wife and me. We have lost weight, to be sure, but that is really a side effect. The significant improvement is in energy level, mental clarity and a sense of well-being. This is hard to put into words. In 2011 my wife was attacked by an auto-immune disease that affected her lungs. Treatment was an anti-cancer drug that compromised her immune system. Under the treatment she has made steady improvement but was tired. Everything was an effort, both mental and physical. We found Martina's web site and started the Keto diet in mid February. Each have lost 30 pounds, but my wife's general health is so much better. Her Physician says that it's a bit early yet, but he may want to consider the "C" word (Cure). Of course the Keto diet did not bring about a cure. However it has certainly changed the quality of life. Thank you Martina for the cookbook, the Fat Bomb book and the Ketodietapp.

First of all ... MACROS INCLUDED! There's a nice variety of recipes in this book, the brownies are insane including this fudgy frosting for your pity party dreams :)

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