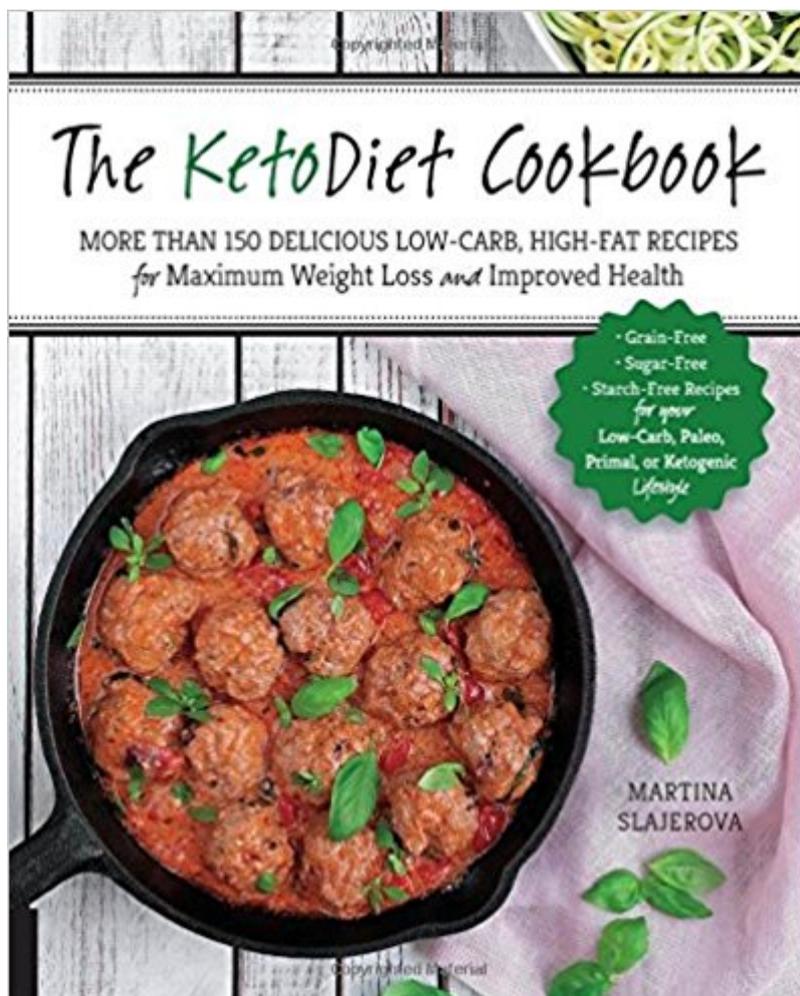


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The KetoDiet Cookbook: More Than 150 Delicious Low-Carb, High-Fat Recipes For Maximum Weight Loss And Improved Health -- Grain-Free, Sugar-Free, ... Paleo, Primal, Or Ketogenic Lifestyle





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!

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Customer Reviews

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.

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.

I am so excited about the publication of *The KetoDiet Cookbook* by Martina Slajerová. You may know Martina from her very popular KetoDiet website, where she blogs about low-carb, keto, and other nutrition-related topics and shares creative, delicious recipes to support low-carb lifestyles. Martina is an extremely talented chef -- definitely one of the top culinary wizards in the low-carb community. Yes, I'm a huge fan of her work, and as a registered dietitian specializing in low carbohydrate diets, I always encourage my readers and clients to check out her website or purchase the KetoDiet App for her complete collection of recipes, calorie and macronutrient tracking, and help staying on plan. And I'm happy to say that the *KetoDiet Cookbook* is equally impressive. To start with, it's a beautiful book, well organized, and contains high-quality photos of most of the recipes. After a brief discussion of keto diets -- including macronutrient ratios, lists of foods to include vs. avoid, and some great advice for getting started -- Martina gets right to the heart of the matter: fantastic, easy-to-prepare recipes that present beautifully, taste delicious, and are healthy to boot. Although some of the 150 enticing recipes can be found on her website, she has created dozens more for this cookbook, including Chocolate and Orange Spiced Granola, Slow-Roast Pork Belly with Quick "Potato" Salad, and Turkey Leg with Tarragon. I'm really enjoying looking at the pictures and reading the descriptions, along with the tips sprinkled throughout the book. Each recipe contains nourishing ingredients that Martina masterfully combines to create luxurious, satisfying meals to help you achieve your weight, blood glucose management, and other health-related goals.

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