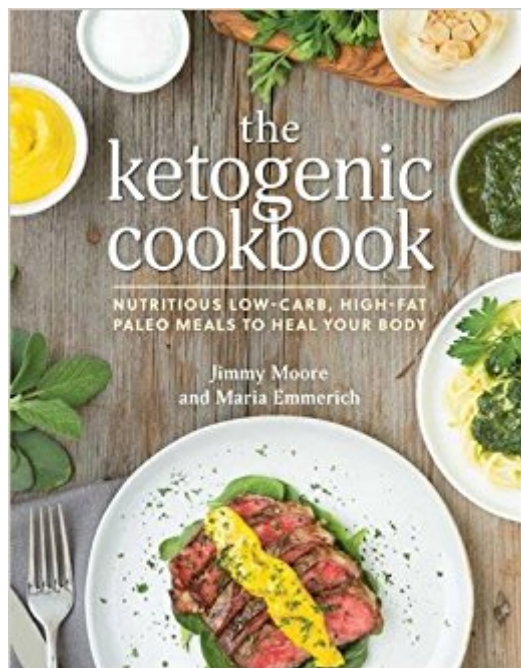




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The Ketogenic Cookbook: Nutritious Low-Carb, High-Fat Paleo Meals To Heal Your Body



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

If self creative low-carb recipes are what you seek, then look no further than The Ketogenic Cookbook. The recipes will get you excited to be in the kitchen, re-creating your favorite dishes with new ingredients that will tempt your palate. • (Diane Sanfilippo, author of the New York Times

bestsellers Practical Paleo and The 21-Day Sugar Detox)â œThe Ketogenic Cookbook paves the way for incredible health and disease resistance. Let delicious food be thy medicine!â • (- David Perlmutter, MD, author of the #1 New York Times bestseller Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar - Your Brain's Silent Killers)â œThe Ketogenic Cookbook is an absolute masterpiece! It covers just about everything the reader needs to know to successfully navigate a ketogenic lifestyle for weight loss and health. Packed with recipes for sauces, seasoning mixes, and an astounding range of sweet and savory dishes, this cookbook is destined to become the classic resource supporting the ketogenic lifestyle.â • (William Davis, MD, author of the #1 New York Times bestseller Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health)

Jimmy Moore catapulted onto the health scene in 2004 after a phenomenal 180-pound weight loss enabled him to come off of prescription drugs for high cholesterol, high blood pressure, and respiratory problems. He is the energetic personality behind the Ã ber-popular blog Livinâ  La Vida Low-Carb and the host of one of the top-ranked iTunes health podcasts, The Livinâ  La Vida Low-Carb Show. He has interviewed over 700 of the worldâ s top health experts and has dedicated his life to helping people get the best information possible about ketosis so they can make the right decisions for their health. Learn more about Jimmy and his work at www.livinlavidalowcarb.com. Maria Emmerich is a wellness expert in nutrition and exercise physiology, and she shares Jimmyâ s passion for helping others reach optimal health. After struggling with her weight throughout her childhood, she decided to study health and wellness so she could help others who are discouraged by their appearance and do not feel their best mentally. Maria understands the connection between food and how it makes us all feel on the inside and out. Her specialty is brain chemical neurotransmitters and how they are affected by the foods we eat. She is the author of several cookbooks and three nutritional guidebooks, including Secrets to a Healthy Metabolism, which includes a foreword by Dr. William Davis, New York Times bestselling author of Wheat Belly. Her latest book, Keto-Adapted, includes a foreword by Dr. Davis and excerpts from Dr. David Perlmutter, author of the New York Times bestseller Grain Brain. Mariaâ s blog, mariamindbodyhealth.com, includes a unique combination of innovative recipes using alternative ingredients (and bacon) to less-healthy options and easy-to-understand explanations of why these options are better for our health.

(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!

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.

When we started the whole Keto journey, this was one of the first books we bought after trying it out first from the library, Pretty much everything in this book is delicious, and I am a pretty picky eater. If just starting out with Keto, be prepared for your first supply run at the grocery store to be an expensive one, but after that, you'll use a lot of the same ingredients again. The book also has a great section in the front that really explains Keto stuff, so this could be the only book you really need for awhile if you are interested. The only reason this isn't all 5 stars has nothing to do with

quality or the recipes...it's that I really wish there was some warning about how long most of these recipes take. Between some of the prep work and actual cooking, so many of these recipes take a couple hours at least. This may be pretty daunting for someone just getting started, or not an experienced cook.

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!

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.

My wife and I bought this book to follow our ketogenic diet. We absolutely loved the bacon onion rings recipe, but we felt really let down with the steak recipes. One of the steak recipes we cooked tasted so bad that we couldn't even finish it, and felt bad about wasting a great piece of meat. We could have made a mistake in these recipes, but that time we cooked that steak was the last time we ever opened this cookbook. Also, this book calls for a lot of unordinary ingredients like MCT oil. If you have all of these unconventional ingredients, then this book will be perfect for you. If not, you might want to reconsider. I am sure this book is great, but I would avoid using the steak recipes.

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