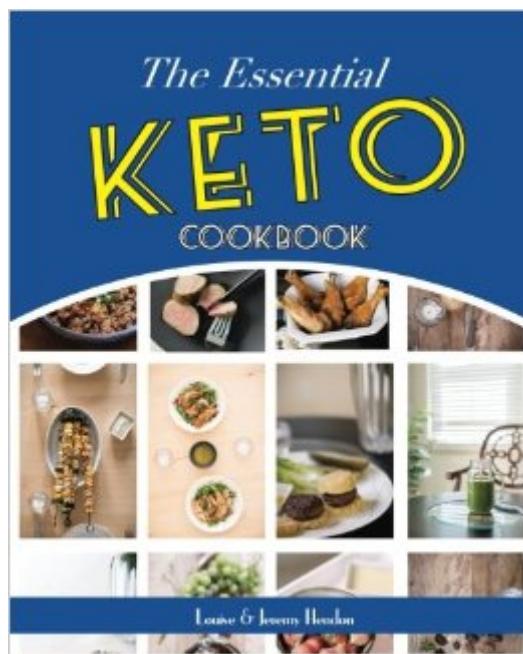


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# The Essential Keto Cookbook: 124+ Ketogenic Diet Recipes (Including Keto Meal Plan & Food List)



## Synopsis

124+ ketogenic diet recipes to help you feel energized, regain your health, lose weight, and keep you in nutritional ketosis. There are 200+ pages in this full-color and beautifully-designed ketogenic cookbook, and they are filled with helpful cooking tips, high resolution recipe photos, as well as scrumptious and easy keto (as well as low-carb) recipes. The Essential Keto Cookbook also includes a KETOGENIC MEAL PLAN + 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, and 110+ more keto recipes that will delight your tastebuds, nourish your body, and help you lose fat and stay in ketosis. All the 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 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

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.

Full disclosure: I wrote the foreword to this book. And for good reason, this is the book I've wanted since the beginning of my journey as an elite ketogenic mountain biker. By the time you read this review, I suspect the market will be awash with ketogenic cookbooks and books about ketogenic diets. What makes this book different? Real food is what makes it different. Two years ago I quit my job at a hedge fund to start Nourish Balance Thrive, a small functional medicine practice for athletes. I work with two medical doctors, one of whom is also a pro mountain biker, and the other is a biochemist and Ph.D. fellow at the University of Oslo, Norway. I employ a registered nurse, and I work with my wife who is a food scientist. All five of us were delighted when we saw the recipes in The Essential Keto Cookbook. Finally, we have a resource that contains nothing but real food we can feel comfortable recommending to our patients. Ketogenic junk food is coming, please ignore it instead take inspiration from Louise's beautiful new book and just eat real food!

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!

The cookbook is very readable and has a cute design. I like the intro material (didn't learn anything new there, but a lot of keto or paleo newbies will), and the recipes look great. My only beef is with the menu plan provided in the book and also applies to the additional meal plans that are available from her website. There are two issues with the meal plans: First, and most important, they do not include the lunch meal with the assumption that we will "eat lunch at work." I think most people will agree that you can't easily grab lunch at work and stay within both keto AND paleo guidelines. The only way I can think of is either eating steak and steamed veggies for lunch every single day (expensive!) or packing your lunch. I'm a teacher, so packing my lunch is the only option I have besides eating elementary school cafeteria food (barf!). It would have been nice to have easily-packed recipes included for lunch. In addition, the meals listed for breakfast are pretty skimpy ones (one cup of the non-trademarked version of Bulletproof coffee or 2 tea eggs, for example). That coffee recipe only has 111 calories when entered into a nutrition calculator. That's not going to get most people through 6 hours of a work day. Two boiled eggs, even if they are tea flavored, still only have about 150 calories. I think I'd be starving to death by lunchtime every day, and I often don't get the time to actually eat a second meal until 3:00 or so. I would totally die. The recipes look really great, though, so if you are willing to create your own meal plans and not try to use the one in the book, you'll be golden.

One of Louise and Jeremy Hendon's <sup>TM</sup> virtues is an ability to bring to us a conscientious, well researched mixture of healthy, Gluten Free, Paleo recipes. Not surprisingly, "The Essential Keto cookbook" fits snugly into the mold of easy to prepare, delicious meals. For those not familiar with the Keto term, Louise has once again, provided her trade mark well-researched explanation of what a Keto diet is. She does not expect you to take her word for this and has procured a Certified FDN Practitioner to write the forward; a professional mountain bike racer who lives and competes on a ketogenic diet. Personally, I am not a very energetic cook, but these recipes even got me motivated, they are so easy to follow, with delightful, mouth-watering photographs. Not only are they easy to follow, one recipe even advised how to use an alternate cooking utensil if you do not have what is required. Overall, I have no hesitation in recommending this cook book for anyone interested in a ketogenic way of eating.

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