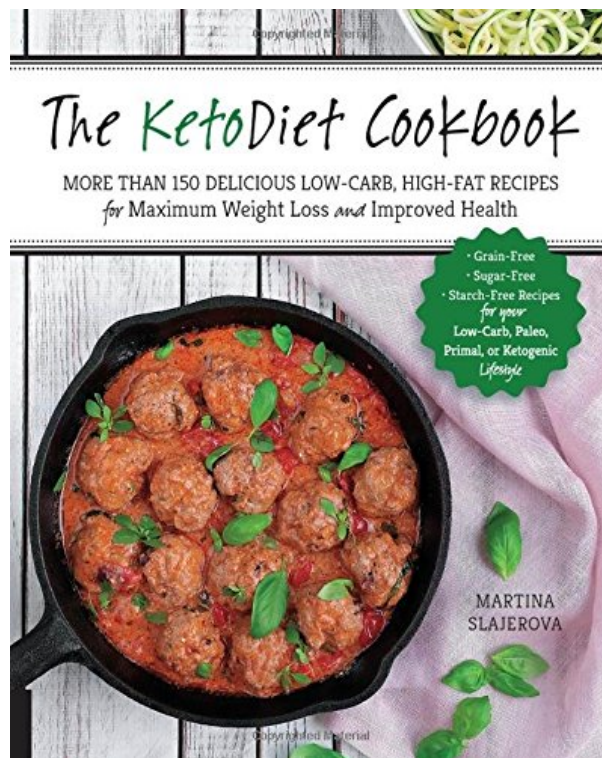
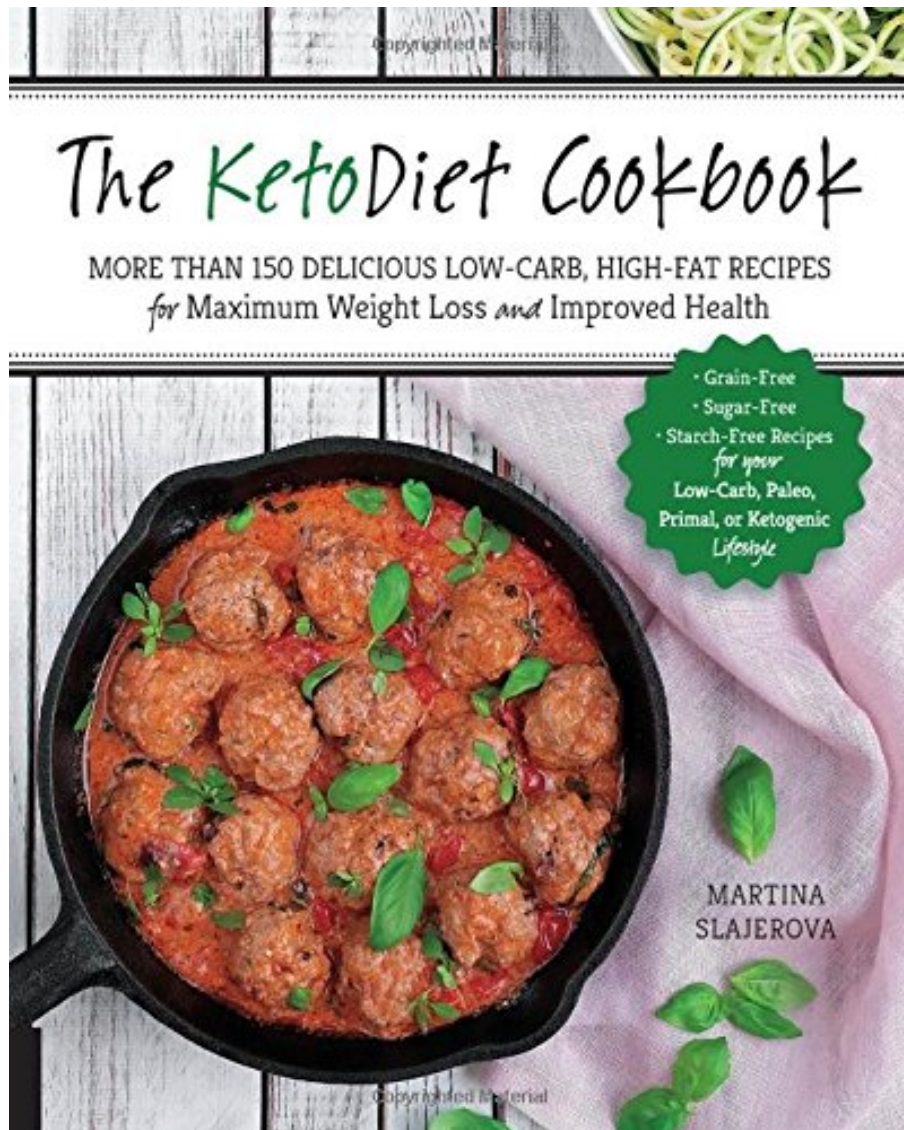


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Live the Ketogenic Diet Easily and Deliciously!

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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- Published on: 2016-01-15
- Original language: English

- Number of items: 1
- Dimensions: 9.25" h x 1.00" w x 7.50" l, .0 pounds
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- 240 pages

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Most helpful customer reviews

42 of 43 people found the following review helpful.

Great Keto cookbook! Easy

By marybeth

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 thru 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 it's 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!

55 of 58 people found the following review helpful.

Trustworthy and delicious recipes for your LCHF/keto diet!

By Tuit Nutrition

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.

25 of 28 people found the following review helpful.

Fantastic, must-have cookbook for all low carb and keto diet enthusiasts

By Franziska Spritzler

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. She not only provides complete nutrition information (protein, carbs, fat, fiber, and calories per serving) but also the macronutrient ratio for each recipe. For instance, Danish Meatballs with Tomato Sauce contains 6% carbohydrate, 22% protein, and 72% fat as a percentage of calories.

All of the recipes in The KetoDiet Cookbook are grain free and sugar free. In order to address food sensitivities and preferences, Martina provides dairy free and nut free options as well. In addition, she is also going to offer meal plans and an allergy table that will be available to download for free from the KetoDiet website.

One of the best things about the recipes is that most are very family-friendly, even for members of your household who are not following a low carb or ketogenic diet. My own husband, who will freely admit to being a picky eater and preferring traditional comfort foods, chose Paleo Chicken Nuggets as the first recipe to try from the cookbook. I'm happy to say that he smiled after trying it and told me I could make it again anytime. Trust me, that's high food praise from him as far as food goes! I loved it as well, and look forward to trying all of the others

I honestly have nothing but praise for this cookbook, from beginning to end. I highly recommend it for all low carb and keto enthusiasts who want to prepare delicious, simple, nourishing meals. The book is definitely well worth its cost, and I would encourage everyone who enjoys Martina's recipes, meal plans, and blog posts to purchase this book.

See all 115 customer reviews...

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