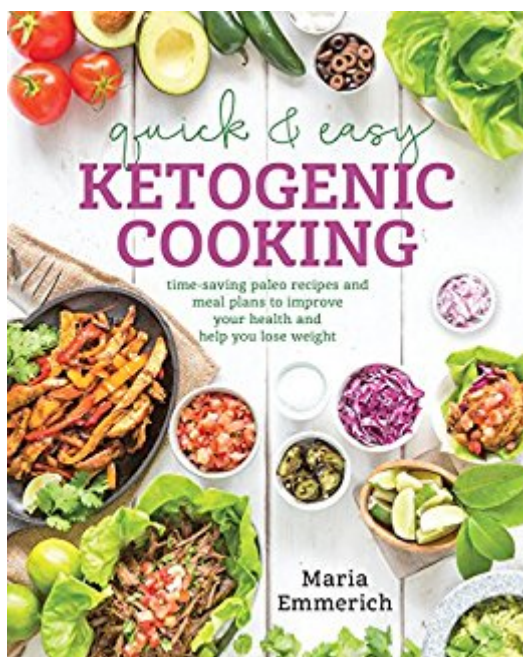


The book was found

Quick & Easy Ketogenic Cooking: Meal Plans And Time Saving Paleo Recipes To Inspire Health A



Synopsis

With Quick Easy Ketogenic Cooking, nutritionist and popular food blogger Maria Emmerich takes the guesswork out of ketogenic cooking. What is the ketogenic diet? It's a way of eating that shifts your body from being a sugar burner to being a fat burner. It's also a revolutionary way to support better health—it can improve everything from epilepsy to obesity to autoimmune disease and more. If you want to try a ketogenic diet but are busy, stressed, and unsure about how to adjust your diet to make your body burn fat, this book is for you. Not only are the recipes fast and simple to prepare, but they're also specifically designed to support your body in ketosis so you can heal. They are grain-free and built around real, whole foods, in keeping with Paleo principles. Plus, there are many options for those looking for nut-free, egg-free, dairy-free, and vegetarian meals. It's easier than you think to prepare mouthwatering, nourishing ketogenic meals. Quick Easy Ketogenic Cooking shows you how. The ketogenic diet is a way of getting your body to stop relying on sugar for energy. When we get most of our energy from fat instead, something amazing happens—our health soars and extra weight falls off. The ketogenic diet has been used as a treatment for epilepsy for decades, and it also can help treat obesity, heart disease, metabolic syndrome, autoimmune disease, and more. Quick Easy Ketogenic Cooking makes the ketogenic diet simple and accessible for everyone, no matter how busy you are or how much cooking experience you have. Plus, with its emphasis on real, whole foods, it's perfect for anyone following Paleo, and its abundance of nut-free, egg-free, and dairy-free options make it ideal for those with food allergies or intolerances. Quick Easy Ketogenic Cooking includes more than 170 recipes, such as: Spring Popovers, Chicken Alfredo, Taco Bar, Night Slow Cooker, Sweet-n-Spicy Short Ribs, Pizza Sticks, Mushroom Ragu, Skillet Lasagna, Smoked Salmon, Flourless Fudgy Brownies. Plus, an introduction to the ketogenic diet explains how and why it works and how to become a fat burner. There are also tips and tricks for keto success, suggestions for eating keto at restaurants, and six meal plans—two weekly and four monthly—to make meal planning effortless. No matter how busy you are, there is time to eat well. Your health is worth it.

Book Information

File Size: 9325 KB

Print Length: 400 pages

Publisher: Victory Belt Publishing (March 15, 2016)

Publication Date: March 15, 2016

Sold by: Â Digital Services LLC

Language: English

ASIN: B01C69B4LQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #9,196 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Paleo #8 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Paleo #10 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Ketogenic

Customer Reviews

Just received the book today and oh my gosh, I find that I cannot put it down! The book is so much more than a cookbook, it is a wealth of information which will no doubt help a lot of people, especially those that are just starting out on this journey. It actually explains the science behind this way of eating, and includes a meal plan which will be especially helpful to those of us that sometimes get overwhelmed. The food (pictures) look absolutely yummy, and one glance at the recipe reassured me that I could replicated it. The recipes are well explained, and some of them even have URLs listed for videos that accompany them. The recipes each have icons that are extremely helpful, one glance can tell me if the recipe is egg free, nut free, dairy free, vegetarian, can be made in a slow cooker, can be made in one pot, or has a single serving option. Since I am the only member in my family that is currently following this diet, the single serving option will be especially useful for me. When this book arrived, my husband rolled his eyes at me and asked "...another cookbook?". He then picked it up to skim through and almost immediately said "oooh, we'll have to try that chimichurri chicken!". For the record, this is my very first ketogenic specific cookbook and I loved it so much that I came back online and ordered the kindle version for my best friend. Well done, Maria...absolutely well done! Update: I've had this book for almost a week now, the recipes are FANTASTIC. I just made (and ate) the Key lime Fat Bomb (pg 340), ...it was absolutely spot on!!!! 98 calories, 9.4g fat, 0.3g carbs, 3.3g protein. (plus a bit of cream on it that I added). It TASTES absolutely sinful!

i follow a strict 15g carb a day 'diet' so i can't use a lot of these but if your doing a 30-50 then it'd be great for you

I received my (full-price) copy yesterday, and I am halfway through it already. I have other books by Maria Emmerich, and they are all good, but this is her best by far. I'm NOT a good cook - in fact I dislike it - but these recipes are simple, only require a few ingredients and FAST. I came to the recipe for Cheese Puffs and ran into the kitchen and cooked a few for a quick snack. 45 seconds later, done and done! Yummy. As a Type II diabetic, I *must* eat Keto if I am to keep my feet, so I truly appreciate all the effort that goes into creating these recipes - recipes that I can share with family and friends and not apologize for depriving them for my sake! Delicious.

I had mild expectations when I purchased this book. In my mind at the time it was another cook book. Once I opened the package, I was floored. 1: The volume of recipes in this book is awesome. Once you get through the intro and "tutorials" you have a beefy 252 pages of recipes! Everything from sauces to desserts and everything in between. 2: Vibrant pictures. This is common among cook books but just about everything has a picture. 3: Ease of instruction. It's worth noting that the "tutorials" and information in the beginning of the book is worth the time. Do you have to read it to make something, certainly not. Yet, it will make things easier as you navigate through the tome and create the dishes. A word of caution on 2 fronts. 1: Take your time with these recipes and follow the adjustments to the letter for ingredients that are substitutes for common items (ie: you will use MUCH less Stevia than sugar as a sweetener). 2: Research on which type of Keto based diet you wish to follow. The 2 I recommend looking into are: The Carb Night Solution by John Kiefer and The Anabolic Solution by Dr. Mauro Di Pasquale. Both books are keto based diets, with a small variance between them. Happy eating!

This is a well done cookbook!!! I'm a Registered Nurse. I'm super interested in nutrition and healing the body from exercise and nutrition. Ketogenic lifestyle makes so much sense from a health and lifestyle outlook. I have followed a ketogenic lifestyle and feel absolutely amazing being "Keto Adapted" (another great book of hers). Just got the book yesterday and I LOVE the grocery list, suggested pantry items, kitchen gadgets, and tips to simplify KETO life. I'm on chapter 4 and I'm loving it so much. She has a 7 day weight loss and healing plan. Then a 30 day maintenance and healing plan. Super user friendly! She has rationales of uses and best

sweeteners, spices, sauces, etc. Amazing pictures and walk throughs. Lots of sauces to make. Food doesn't have to be dry with her recipes and way of eating! The thing I'm most super excited about is the section about smoking foods. The BBQ and rubs and sauces have been an issue because of the high sugar content. She has done the hard work of testing until she finds a recipe that taste amazing. This book exceeded my expectations. Seriously worth every penny.

This book is so great for beginners and experience Keto dieters alike. I love the intro that explains all that you really need to know, including "sugar" conversions making this simple. There are alternatives for many ingredients throughout the book to help you easily customize the recipes. The estimated time to prep and cook these are actually pretty accurate and the instructions are thorough. I have recommended it to anyone who has talked to me about Keto. All of the food I have tried is delicious. The only thing I'd like to see as far as revisions would be less ice cream type of desserts and more cakes or pies. I just look online for desserts instead and use this book for if I have questions for substitutions.

I found some great recipes and utilized them for some enjoyable dieting. Losing weight and eating good food is a great way to lose weight, this cookbook, provides that. The colored photos are very helpful in the process of cooking and determining the outcome and appearance of the prepared food.

[Download to continue reading...](#)

Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo books, paleo ebooks, paleo diet kindle) Quick & Easy Ketogenic Cooking: Meal Plans and Time Saving Paleo Recipes to Inspire Health and Shed Weight Quick & Easy Ketogenic Cooking: Meal Plans and Time Saving Paleo Recipes to Inspire Health a Paleo Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Paleo Recipes, Paleo, Paleo ... Paleo Recipe Book, Paleo Cookbook) (Volume 1) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss (paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For

Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Paleo Slow Cooker: Healthy Delicious Paleo Diet Slow Cooker Recipes for Your Family (Slow cooker recipes, Low carb diet, Paleo diet recipes, Paleo Cookbook, Ketogenic Diet, Ketogenic recipes) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse) Paleo Desserts: Satisfy Your Sweet Tooth With Over 100 Quick and Easy Paleo Dessert Recipes & Paleo Diet Baking Recipes (gluten free, lose belly fat, paleo ... diet desserts, paleo diet, wheat free) Paleo Instant Pot Cookbook: Amazing Paleo Instant Pot Recipes for Whole Family (Paleo Instant Pot Recipes Cookbook, Paleo Diet Guide Cookbook, Paleo Diet Recipe Book, Paleo Diet for Beginners) Paleo Recipes for Beginners: 220+ Recipes of Quick & Easy Cooking, Paleo Cookbook for Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking for ... Diet,Antioxidants & Phytochemical (Volume 5) Paleo Recipes for Beginners: 230+ Recipes of Quick & Easy Cooking, Paleo Cookbook for Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking for One, Whole Foods Diet,Antioxidants & Phytochemical Paleo Recipes for Beginners: 220+ Recipes of Quick & Easy Cooking, Paleo Cookbook for Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking for One, Whole Foods Diet,Antioxidants & Phytochemical Paleo Recipes for Beginners: 210+ Recipes of Quick & Easy Cooking, Paleo Cookbook for Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking for One, Whole Foods Diet,Antioxidants & Phytochemical Meal Prep Cookbook: Meal Prep Ideas for Weight Loss and Clean Eating, Quick and Easy Recipes for Healthy Meal Prep (Ketogenic diet, Low Carb Diet, Weight Watchers, Meal Prepping Book 2) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)