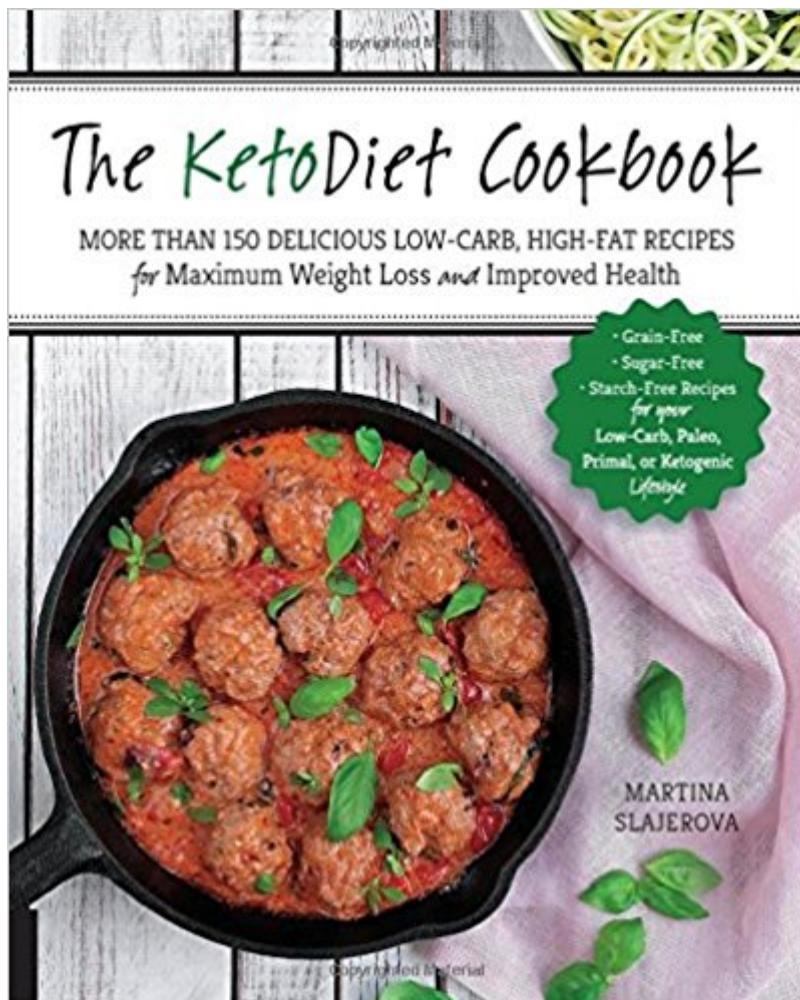


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# The KetoDiet Cookbook: More Than 150 Delicious Low-Carb, High-Fat Recipes For Maximum Weight Loss And Improved Health -- Grain-Free, Sugar-Free, ... Paleo, Primal, Or Ketogenic Lifestyle





## Synopsis

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!

## Book Information

Paperback: 240 pages

Publisher: Fair Winds Press; 1 edition (January 15, 2016)

Language: English

ISBN-10: 1592337015

ISBN-13: 978-1592337019

Product Dimensions: 7.5 x 1 x 9.2 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 165 customer reviews

Best Sellers Rank: #19,568 in Books (See Top 100 in Books) #12 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #18 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #24 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo

## Customer Reviews

"Martina has really outdone herself with The KetoDiet Cookbook. This book is filled with an amazing array of tasty recipes. I especially love the full macronutrient breakdown with each recipe. This is an invaluable resource for anyone living a low carb high fat lifestyle." - Maria Emmerich, co-author of

The Ketogenic Cookbook"Martina's low-carb creations taste as spectacular as they look. She's dedicated to providing accurate, reliable information to people interested in following a healthy, carbohydrate-restricted lifestyle." - Franziska Spritzler, RD, CDE, author of The Low Carb Dietitian's Guide to Health and Beauty"You're in good hands with Martina Slajerova and The KetoDiet Cookbook. Not only are her recipes reliable and true to the keto way of life, but they are mouthwateringly delicious. Lifestyle change is hard, but Martina makes it so much easier." - Carolyn Ketchum, founder of AllDayIDreamAboutFood.com"Low-carb diets are an invaluable tool in dealing with health conditions such as obesity, diabetes, metabolic syndrome, lipid disorders, epilepsy, and increasingly, cancer. Martina's work, including her blog, book and apps, has been a real gem for the low-carb community. Her real-food approach and attention to detail sets her work apart from many others." - Eugene J. Fine, M.D., professor of radiology at the Albert Einstein College of Medicine"Just like Martina's blog and app, her new cookbook is an amazing resource for anyone interested in healthy living, with easy to follow recipes and beautiful photography." - Alex Pearlman, Ph.D., cancer biologist at the Albert Einstein College of Medicine"Martina's popular KetoDiet blog has been a wonderful resource for those following a healthy paleo/primal, low carb diet. She provides a wealth of information for successfully implementing a ketogenic diet and her recipes have become staples for those seeking low carb alternatives for their favorite foods. This cookbook is a must for any low carb cook's collection." - Lisa MarcAurele, founder of LowCarbYum.com"Martina's newest cookbook is not just a comprehensive guide to eating for the ketogenic diet, it is also gorgeous eye candy! It is sheer pleasure to browse through her gorgeous photographs while drooling over the delicious recipes. I love Martina's recipes especially because they are made with wholesome, real food ingredients. Every recipe is explained clearly and well organized, so you can always get great results when making them at home. If you are following a keto or low-carb lifestyle, this book is a must have!" - Vivica Menegaz, founder of TheNourishedCaveman.com"With its amazing quality, this book simply stands out from the grey crowd of the numerous low-carb and ketogenic cookbooks. That's why I am happy to recommend the book to anybody who seeks the latest information about healthy nutrition and the best, carefully developed ketogenic recipes." - Elviira Krebber, founder of LowCarbSoSimple.com"Martina is an incredibly talented and innovative food blogger whose low-carb creations taste as spectacular as they look. She's also dedicated to providing accurate, reliable information to people interested in following a healthy, carbohydrate-restricted lifestyle. I'm eagerly awaiting the publication of this book and know that her many fans feel the same way." - Franziska Spritzler, RD, CDE, Author of The Low Carb Dietitian's Guide to Health and Beauty

Martina Slajerova (London, England) is the founder of the KetoDiet blog <https://ketodietapp.com> and the KetoDiet app. Brought to the diet after being diagnosed with Hashimoto's Disease in 2011, Martina, frustrated with the lack of practical resources, created the KetoDiet app/blog/e-book to help others live the Ketogenic lifestyle successfully. The author of The KetoDiet Cookbook, Sweet & Savory Fat Bombs, and Quick Keto Meals in 30 Minutes or Less, Martina creates recipes that not only focus on carbohydrate content but are also free from processed foods, unhealthy vegetable oils or artificial sweeteners. All of her recipes are grain-free, sugar-free and gluten-free and are paleo-friendly or include paleo-friendly alternatives. Martina is a champion for those who want to follow a healthy low-carb lifestyle and feel great for life.

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 brûlée, 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.

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 its 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!

This is an absolutely best keto-cookbook I have ever seen and used. Ingredients are easy to find and if not, the author gives tips how to substitute or make at home. All recipes are from scratch and delicious. Also a variety of cuisines. This cookbook offers more than just plain boring salads.

Absolutely amazed

This cookbook is the best thing since sliced gluten-free bread. In particular, there are actually palatable, affordable recipes for gluten free bread, including one that is almond free (for those of us with nut allergies). Now that is unusual and welcome! Everything I've tried has been terrific. Truly very helpful!

Everything great except.. use a different sugar.. no alcohol sugars. Look at Dr.Mercola or Dr.Axe for better choices

Martina's web site and blog and this cookbook have been a wonderful resource for my wife and me. We have lost weight, to be sure, but that is really a side effect. The significant improvement is in energy level, mental clarity and a sense of well-being. This is hard to put into words. In 2011 my wife was attacked by an auto-immune disease that affected her lungs. Treatment was an anti-cancer drug that compromised her immune system. Under the treatment she has made steady improvement but was tired. Everything was an effort, both mental and physical. We found Martina's web site and started the Keto diet in mid February. Each have lost 30 pounds, but my wife's general health is so much better. Her Physician says that it's a bit early yet, but he may want to consider the "C" word (Cure). Of course the Keto diet did not bring about a cure. However it has certainly changed the quality of life. Thank you Martina for the cookbook, the Fat Bomb book and the Ketodietapp.

First of all ... MACROS INCLUDED! There's a nice variety of recipes in this book, the brownies are insane including this fudgy frosting for your pity party dreams :)

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