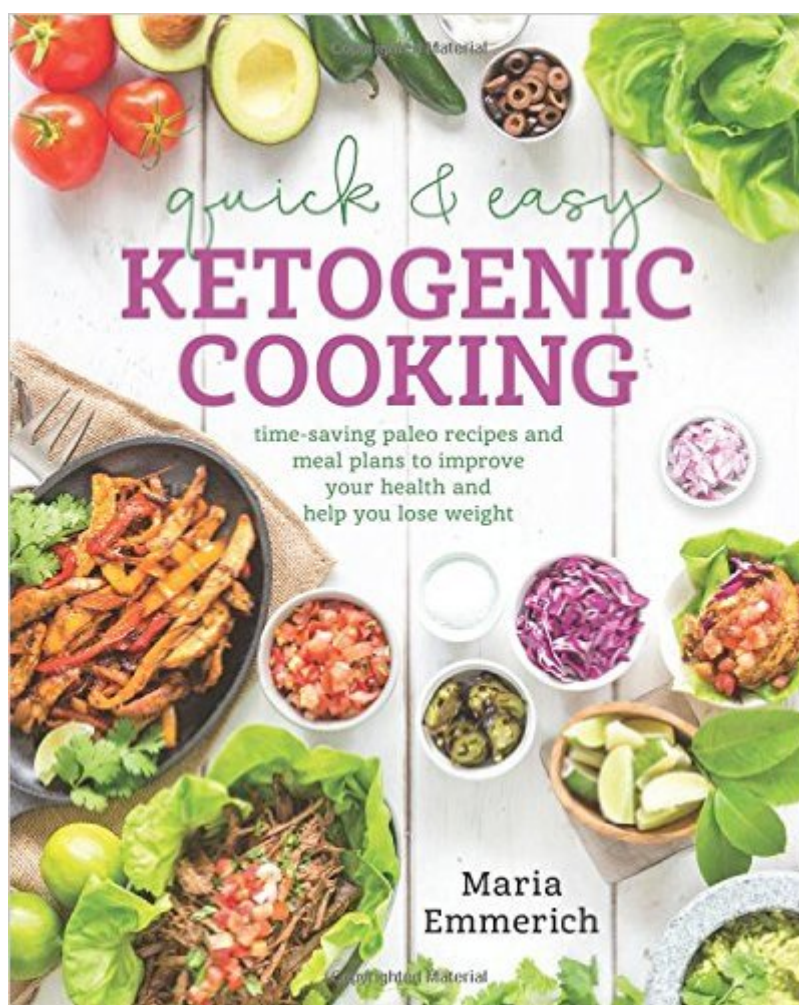


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# Quick & Easy Ketogenic Cooking: Meal Plans And Time Saving Paleo Recipes To Inspire Health And Shed Weight



## 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

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## 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 "ooh, 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 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 though 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!

If you are starting out or already following a ketogenic or LCHF diet, this book is the encyclopedia for which your kitchen and your appetite is begging. The book is delightfully written with beautiful full color photos and simple instructions, as well as meal plans and shopping lists for various objectives (weight loss, maintenance and healing), and other helpful information. The best part of this book, however, is Maria's delicious, indulgent, and wholly satisfying, yet simple and easy to follow recipes. Just flipping through the book will make your mouth water. All of the ingredients called for are whole and fresh foods that are basic and easy to locate in the grocery store. I cannot say enough about how fantastic these recipes are. If you are on the fence about purchasing this book, buy it. Make the delicious and very healthy food. You will not regret it.

I'm in love with this cookbook! I've been collecting low carb cookbooks for over a decade and Ketogenic Cooking by Maria Emmerich outshines them all! I've been a fan of Maria for over five years and have tried many of her recipes that she provides on her Keto Adapted website. She provide a lot of basic information to help those getting started on this way of eating and provides ways to make this transition easy for you. In addition to the more than 170 recipes in the book, there are useful tips and meal plans that come with shopping lists to make the ketogenic diet so simple for anyone. Many recipes are available for those with common allergies to nuts, dairy, and eggs.

There's even recipes suitable for vegetarians! I like that the macros are provided for each recipe as well as a keto meter to show how it rates. If you are on maintenance, the low keto recipes are fine, but those wishing to initiate fat burning are better staying with the high keto recipes. I've already made the skillet lasagna recipe and it was so quick and easy to prepare! My whole family loved it and it's a recipe that doesn't take much to prepare. If you trying to fit a ketogenic into your busy lifestyle, you NEED this cookbook! You can easily follow this healthy way of eating with these time saving recipes.

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