



# The Ketogenic Cookbook: Nutritious Low-Carb, High-Fat Paleo Meals to Heal Your Body

By Jimmy Moore, Maria Emmerich

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In 2013, the fifth-most Googled diet search term was *ketogenic*; in 2014, it rose to number two. Now, the highly anticipated *Ketogenic Cookbook* is set to be the ultimate resource for the growing number of people interested in eating a low-carb, moderate-protein, high-fat diet to lose weight, improve their health, and heal their bodies from the inside out

In this first-of-its-kind collection, Jimmy Moore, leading low-carb diet blogger and podcaster and bestselling author of *Keto Clarity*, joins forces with fellow keto advocate and nutritionist Maria Emmerich to bring you more than 150 delicious, real food-based, keto-friendly recipes that are ideal for anyone who wants to be in nutritional ketosis or simply wants to eat healthier.

In addition, *The Ketogenic Cookbook* explains why a ketogenic diet can help treat chronic illnesses from type 2 diabetes to heart disease to epilepsy, offers practical advice for pursuing nutritional ketosis, outlines the unique combination of whole foods that will help you become ketogenic, and much more.

If you're seeking a healthier way to eat that will help heal your body of damage done by years of eating tons of sugar and carbs, the ketogenic diet may be for you. There's no need to sacrifice taste for good health!

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### Editorial Review

#### Review

“If creative low-carb recipes are what you seek, then look no further than The Ketogenic Cookbook. The recipes will get you excited to be in the kitchen, re-creating your favorite dishes with new ingredients that will tempt your palate.” (Diane Sanfilippo, author of the New York Times bestsellers Practical Paleo and The 21-Day Sugar Detox)

“The Ketogenic Cookbook paves the way for incredible health and disease resistance. Let delicious food be thy medicine!” (- David Perlmutter, MD, author of the #1 New York Times bestseller Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar - Your Brain's Silent Killers)

“The Ketogenic Cookbook is an absolute masterpiece! It covers just about everything the reader needs to know to successfully navigate a ketogenic lifestyle for weight loss and health. Packed with recipes for sauces, seasoning mixes, and an astounding range of sweet and savory dishes, this cookbook is destined to become the classic resource supporting the ketogenic lifestyle.” (William Davis, MD, author of the #1 New York Times bestseller Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health)

#### About the Author

**Jimmy Moore** catapulted onto the health scene in 2004 after a phenomenal 180-pound weight loss enabled him to come off of prescription drugs for high cholesterol, high blood pressure, and respiratory problems. He is the energetic personality behind the über-popular blog *Living' La Vida Low-Carb* and the host of one of the top-ranked iTunes health podcasts, *The Living' La Vida Low-Carb Show*. He has interviewed over 700 of the world's top health experts and has dedicated his life to helping people get the best information possible about ketosis so they can make the right decisions for their health. Learn more about Jimmy and his work at [www.livinlavidalowcarb.com](http://www.livinlavidalowcarb.com).

**Maria Emmerich** is a wellness expert in nutrition and exercise physiology, and she shares Jimmy's passion for helping others reach optimal health. After struggling with her weight throughout her childhood, she decided to study health and wellness so she could help others who are discouraged by their appearance and do not feel their best mentally. Maria understands the connection between food and how it makes us all feel on the inside and out. Her specialty is brain chemical neurotransmitters and how they are affected by the foods we eat. She is the author of several cookbooks and three nutritional guidebooks, including *Secrets to a Healthy Metabolism*, which includes a foreword by Dr. William Davis, *New York Times* bestselling author of *Wheat Belly*. Her latest book, *Keto-Adapted*, includes a foreword by Dr. Davis and excerpts from Dr. David Perlmutter, author of the *New York Times* bestseller *Grain Brain*. Maria's blog, [mariamindbodyhealth.com](http://mariamindbodyhealth.com), includes a unique combination of innovative recipes using alternative ingredients (and bacon) to less-healthy options and easy-to-understand explanations of why these options are better for our health.

### Users Review

#### From reader reviews:

#### Janet Speer:

In this 21st millennium, people become competitive in each way. By being competitive today, people have

do something to make these survives, being in the middle of the actual crowded place and notice by surrounding. One thing that at times many people have underestimated the item for a while is reading. That's why, by reading a book your ability to survive boost then having chance to stand up than other is high. For yourself who want to start reading some sort of book, we give you this kind of The Ketogenic Cookbook: Nutritious Low-Carb, High-Fat Paleo Meals to Heal Your Body book as nice and daily reading publication. Why, because this book is more than just a book.

**Phil Garcia:**

As people who live in the actual modest era should be change about what going on or facts even knowledge to make these people keep up with the era that is always change and advance. Some of you maybe will certainly update themselves by studying books. It is a good choice for yourself but the problems coming to an individual is you don't know what type you should start with. This The Ketogenic Cookbook: Nutritious Low-Carb, High-Fat Paleo Meals to Heal Your Body is our recommendation so you keep up with the world. Why, because book serves what you want and wish in this era.

**Maria Blanco:**

Reading can called thoughts hangout, why? Because while you are reading a book especially book entitled The Ketogenic Cookbook: Nutritious Low-Carb, High-Fat Paleo Meals to Heal Your Body the mind will drift away trough every dimension, wandering in each aspect that maybe not known for but surely will become your mind friends. Imaging each and every word written in a reserve then become one web form conclusion and explanation that will maybe you never get prior to. The The Ketogenic Cookbook: Nutritious Low-Carb, High-Fat Paleo Meals to Heal Your Body giving you yet another experience more than blown away your brain but also giving you useful details for your better life on this era. So now let us demonstrate the relaxing pattern here is your body and mind will be pleased when you are finished examining it, like winning a game. Do you want to try this extraordinary paying spare time activity?

**Scott Bush:**

Is it an individual who having spare time after that spend it whole day by means of watching television programs or just telling lies on the bed? Do you need something new? This The Ketogenic Cookbook: Nutritious Low-Carb, High-Fat Paleo Meals to Heal Your Body can be the solution, oh how comes? A book you know. You are so out of date, spending your extra time by reading in this brand new era is common not a geek activity. So what these books have than the others?

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