



Quick & Easy Ketogenic Cooking: Meal Plans and Time Saving Paleo Recipes to Inspire Health and Shed Weight

By Maria Emmerich

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Quick & Easy Ketogenic Cooking: Meal Plans and Time Saving Paleo Recipes to Inspire Health and Shed Weight By Maria Emmerich 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.

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Editorial Review

Maria Emmerich is hands down the best ketogenic recipe maker on the planet, and *Quick & Easy Ketogenic Cooking* is the latest example of that. A lot of people pretend to know about keto, but Maria is the real deal. This book arms you with quality information that you can start using right away to change your life forever.

— Jimmy Moore

Ketogenic health podcaster & international bestselling author of *The Ketogenic Cookbook*, *Keto Clarity*, and *Cholesterol Clarity*

You hold in your hands what I consider to be the perfected “ketogenic handbook” for the kitchen. Over the last ten years, Maria's books have been the source of nuts-and-bolts direction for my family and for thousands of my patients, transforming a low-carbohydrate diet into a delicious ketogenic banquet that truly treats the diseases of civilization.

— Adam S. Nally, D.O. Board-certified family practitioner & bariatrician

The question I hear most often after I describe the critical importance of changing to a very low carbohydrate, moderate protein, and higher fat diet is, “What’s left to eat?” Maria answers that question expertly and beautifully in *Quick & Easy Ketogenic Cooking*. She is one of the most experienced chefs in this arena, and her expertise shines through on every page.

— Ron Rosedale, M.D. Expert in nutritional & metabolic medicine

Quick & Easy Ketogenic Cooking is the bible for ketogenic adaptation. Maria shares a simple way of understanding how helpful and powerful ketogenesis is for everyone. This book is for health practitioners, dietitians, and anyone who cares about health and wellness.

— Rob Kiltz, M.D. Reproductive endocrinologist

About the Author
Maria Emmerich is a wellness expert in nutrition and exercise physiology and the founder of keto-adapted.com. Maria's success stems from her passion for helping others reach and sustain optimal health through programs and education that works on a personalized level. 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: Global Bestseller *The Ketogenic Cookbook*. Other books include: *Secrets to a Healthy Metabolism*, with foreword by Dr. William Davis, *New York Times* bestselling author of *Wheat Belly*, *Keto-Adapted* which 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, includes a unique combination of innovative recipes using alternative ingredients to less-healthy options and easy-to-understand explanations of why these options are better for our health.
From reader reviews:

Hubert Drummond: The book *Quick & Easy Ketogenic Cooking: Meal Plans and Time Saving Paleo Recipes to Inspire Health and Shed Weight* can give more knowledge and information about everything you want. Why then must we leave the good thing like a book *Quick & Easy Ketogenic Cooking: Meal Plans and Time*

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