



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

By Martina Slajerova

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Live the Ketogenic Diet Easily and Deliciously!

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!

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Editorial Review

Review

"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*

About the Author

Martina Slajerova is the founder of the KetoDiet blog 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. She is currently pursuing a nutrition certification.

Users Review

From reader reviews:

Betty Castaneda:

Playing with family in the park, coming to see the sea world or hanging out with friends is thing that usually you will have done when you have spare time, in that case why you don't try issue that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love 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, it is possible to enjoy both. It is good combination right, you still would like to miss it? What kind of hangout type is it? Oh seriously its mind hangout people. What? Still don't buy it, oh come on its known as reading friends.

Robert Haas:

Are you kind of stressful person, only have 10 as well as 15 minute in your time to upgrading your mind proficiency or thinking skill possibly analytical thinking? Then you have problem with the book compared to can satisfy your short period of time to read it because all this time you only find book that need more time to be examine. 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 can be your answer given it can be read by an individual who have those short time problems.

Cheryl Reese:

In this period of time globalization it is important to someone to obtain information. The information will make professionals understand the condition of the world. The condition of the world makes the information easier to share. You can find a lot of recommendations to get information example: internet, paper, book, and soon. You can observe that now, a lot of publisher that print many kinds of book. Often the book that recommended to your account is 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 this publication consist a lot of the information in the condition of this world now. This

particular book was represented so why is the world has grown up. The terminology styles that writer value to explain it is easy to understand. Often the writer made some research when he makes this book. That is why this book appropriate all of you.

Rachel Morris:

As we know that book is essential thing to add our information for everything. By a book we can know everything we wish. A book is a set of written, printed, illustrated or maybe blank sheet. Every year seemed to be exactly added. This reserve 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 was filled regarding science. Spend your spare time to add your knowledge about your technology competence. Some people has different feel when they reading the book. If you know how big advantage of a book, you can sense enjoy to read a e-book. In the modern era like today, many ways to get book which you wanted.

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