



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:

William Phillips:

Do you have favorite book? Should you have, what is your favorite's book? E-book is very important thing for us to learn everything in the world. Each reserve has different aim as well as goal; it means that e-book has different type. Some people really feel enjoy to spend their time and energy to read a book. These are reading whatever they acquire because their hobby is actually reading a book. Think about the person who don't like examining a book? Sometime, individual feel need book whenever they found difficult problem or maybe exercise. Well, probably you'll have this *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.*

Jennifer Stewart:

Information is provisions for those to get better life, information nowadays can get by anyone on everywhere. The information can be a understanding or any news even a concern. What people must be consider whenever those information which is from the former life are hard to be find than now could be taking seriously which one is suitable to believe or which one often the resource are convinced. If you get the unstable resource then you buy it as your main information it will have huge disadvantage for you. All those possibilities will not happen within you if you take *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* as your daily resource information.

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Carole Arehart:

In this era which is the greater man or woman or who has ability in doing something more are more precious than other. Do you want to become certainly one of it? It is just simple way to have that. What you are related is just spending your time almost no but quite enough to experience a look at some books. On the list of books in the top list in your reading list 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 book that is certainly qualified as The Hungry Inclines can get you closer in turning out to be precious person. By looking upward and review this publication you can get many advantages.

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