



The Essential Keto Cookbook: 124+ Ketogenic Diet Recipes (Including Keto Meal Plan & Food List)

Louise Hendon, Jeremy Hendon

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UPDATED 2nd Edition:

- Full nutritional info (including **net carb counts**) for all recipes
- Expanded meal plan

124+ ketogenic diet recipes to help you feel energized, regain your health, lose weight, and keep you in nutritional ketosis. All recipes now contain nutritional info (including net carb counts).

200+ pages of full-color and beautifully-designed ketogenic recipes, filled with helpful cooking tips, high resolution recipe photos, as well as scrumptious and easy keto low-carb) recipes.

The Essential Keto Cookbook also includes...

- A complete **KETOGENIC MEAL PLAN** (including breakfast, lunch, and dinner - designed to be less than 20 grams of net carbs per person per day)
- A full **KETOGENIC DIET FOOD LIST** so you'll never be lost on the keto diet again.

We've got you covered from morning til night. Enjoy ketogenic recipes like:

- Creamy Breakfast Porridge
- Fiery Buffalo Wings
- Jalapeño "Corn" Bread
- Mini Burgers
- Cauliflower "Rice"
- Chocolate Biscotti
- Thai Chicken Pad See Ew
- Coconut Ghee Coffee
- Easy Bone Broth
- Chinese Pork Spare Ribs
- Fish Tacos
- Beef Curry
- Popcorn Shrimp
- Chocolate Coffee Coconut Truffles
- plus 110+ more keto recipes that will delight your tastebuds, nourish your body, and help you lose fat and stay in ketosis.

All recipes in this cookbook are fully compliant with the ketogenic diet and are also *sugar-free, low-carb, gluten-free, grain-free, dairy-free, and legume-free*, but yet still super-tasty.

And we've got breakfast keto recipes, keto snack recipes, keto dessert recipes, as well as keto appetizer, entree, side dish, and drink recipes.

So you can enjoy all these amazing low carbohydrate meals knowing that you'll not only be losing weight by

following a ketogenic diet but also be improving your health by using **low-inflammatory** (Paleo) ingredients that are **high in nutrients** and **low in toxins**.

To ensure you are eating low-inflammatory foods, we've also kept the use nuts and seeds to a minimum and omitted all dairy (except ghee, which can be substituted) from the recipes.

We want to help you not only to lose weight, but also to look healthy, feel full of energy, and keep that weight off for good! And this cookbook is designed to help you on that journey.

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John Tovar:

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William Copeland:

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