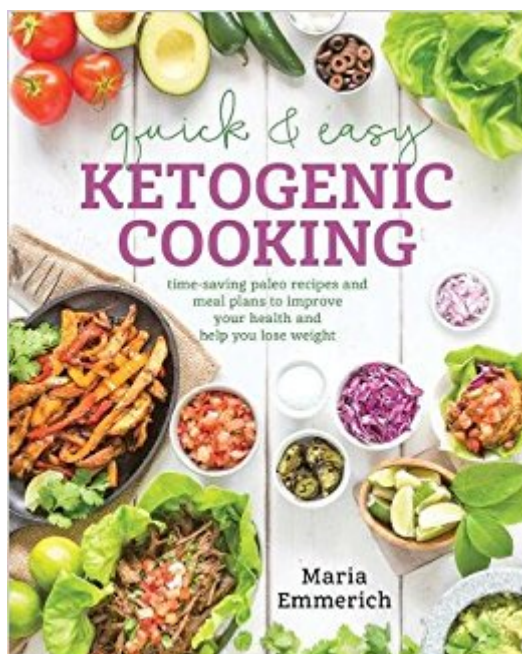


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# Quick & Easy Ketogenic Cooking: Meal Plans And Time Saving Paleo Recipes To Inspire Health And Shed Weight



## Synopsis

With Quick Easy Ketogenic Cooking, nutritionist and popular food blogger Maria Emmerich takes the guesswork out of ketogenic cooking. What is the ketogenic diet? It's a way of eating that shifts your body from being a sugar burner to being a fat burner. It's also a revolutionary way to support better health—it can improve everything from epilepsy to obesity to autoimmune disease and more. If you want to try a ketogenic diet but are busy, stressed, and unsure about how to adjust your diet to make your body burn fat, this book is for you. Not only are the recipes fast and simple to prepare, but they're also specifically designed to support your body in ketosis so you can heal. They are grain-free and built around real, whole foods, in keeping with Paleo principles. Plus, there are many options for those looking for a nut-free, egg-free, dairy-free, and vegetarian meals. It's easier than you think to prepare mouthwatering, nourishing ketogenic meals. Quick Easy Ketogenic Cooking shows you how. The ketogenic diet is a way of getting your body to stop relying on sugar for energy. When we get most of our energy from fat instead, something amazing happens—our health soars and extra weight falls off. The ketogenic diet has been used as a treatment for epilepsy for decades, and it also can help treat obesity, heart disease, metabolic syndrome, autoimmune disease, and more. Quick Easy Ketogenic Cooking makes the ketogenic diet simple and accessible for everyone, no matter how busy you are or how much cooking experience you have. Plus, with its emphasis on real, whole foods, it's perfect for anyone following Paleo, and its abundance of nut-free, egg-free, and dairy-free options make it ideal for those with food allergies or intolerances. Quick Easy Ketogenic Cooking includes more than 170 recipes, such as: Spring Popovers Chicken Alfredo Taco Bar Night Slow Cooker Sweet-n-Spicy Short Ribs Pizza Sticks Mushroom Ragu Skillet Lasagna Smoked Salmon 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.

## Book Information

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## Customer Reviews

Maria Emmerich is hands down the best ketogenic recipe maker on the planet, and > 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 >, >, and >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 & bariatricianThe 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 >. 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> 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, dieticians, and anyone who cares about health and wellness.

• Rob Kiltz, M.D. Reproductive endocrinologist

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, ã ã New York Timesã ã bestselling author ofã ã Wheat Belly, Keto-Adapted which includes a foreword by Dr. Davis and excerpts from Dr. David Perlmutter, author of theã ã New York Timesã ã bestsellerã ã 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.

Just received the book today and oh my gosh, I find that I cannot put it down! The book is so much more than a cookbook, it is a wealth of information which will no doubt help a lot of people, especially those that are just starting out on this journey. It actually explains the science behind this way of eating, and includes a meal plan which will be especially helpful to those of us that sometimes get overwhelmed. The food (pictures) look absolutely yummy, and one glance at the recipe reassured me that I could replicate it. The recipes are well explained, and some of them even have URLs listed for videos that accompany them. The recipes each have icons that are extremely helpful, one glance can tell me if the recipe is egg free, nut free, dairy free, vegetarian, can be made in a slow cooker, can be made in one pot, or has a single serving option. Since I am the only member in my family that is currently following this diet, the single serving option will be especially useful for me. When this book arrived, my husband rolled his eyes at me and asked "...another cookbook?". He then picked it up to skim through and almost immediately said "oooh, we'll have to try that chimichurri chicken!". For the record, this is my very first ketogenic specific cookbook and I loved it so much that I came back online and ordered the kindle version for my best friend. Well done, Maria...absolutely well done! Update: I've had this book for almost a week now, the recipes are FANTASTIC. I just made (and ate) the Key lime Fat Bomb (pg 340), ...it was absolutely spot on!!!! 98 calories, 9.4g fat, 0.3g carbs, 3.3g protein. (plus a bit of cream on it that I added). It TASTES absolutely sinful!

I follow a strict 15g carb a day 'diet' so I can't use a lot of these but if you're doing a 30-50 then it'd be great for you

I received my (full-price) copy yesterday, and I am halfway through it already. I have other books by Maria Emmerich, and they are all good, but this is her best by far. I'm NOT a good cook - in fact I

dislike it - but these recipes are simple, only require a few ingredients and FAST. I came to the recipe for Cheese Puffs and ran into the kitchen and cooked a few for a quick snack. 45 seconds later, done and done! Yummy. As a Type II diabetic, I \*must\* eat Keto if I am to keep my feet, so I truly appreciate all the effort that goes into creating these recipes - recipes that I can share with family and friends and not apologize for depriving them for my sake! Delicious.

I had mild expectations when I purchased this book. In my mind at the time it was another cook book. Once I opened the package, I was floored. 1: The volume of recipes in this book is awesome. Once you get through the intro and "tutorials" you have a beefy 252 pages of recipes! Everything from sauces to desserts and everything in between. 2: Vibrant pictures. This is common among cook books but just about everything has a picture. 3: Ease of instruction. It's worth noting that the "tutorials" and information in the beginning of the book is worth the time. Do you have to read it to make something, certainly not. Yet, it will make things easier as you navigate through the tome and create the dishes. A word of caution on 2 fronts. 1: Take your time with these recipes and follow the adjustments to the letter for ingredients that are substitutes for common items (ie: you will use MUCH less Stevia than sugar as a sweetener). 2: Research on which type of Keto based diet you wish to follow. The 2 I recommend looking into are: The Carb Night Solution by John Kiefer and The Anabolic Solution by Dr. Mauro Di Pasquale. Both books are keto based diets, with a small variance between them. Happy eating!

This is a well done cookbook!!! I'm a Registered Nurse. I'm super interested in nutrition and healing the body from exercise and nutrition. Ketogenic lifestyle makes so much sense from a health and lifestyle outlook. I have followed a ketogenic lifestyle and feel absolutely amazing being "Keto Adapted" (another great book of hers). Just got the book yesterday and I LOVE the grocery list, suggested pantry items, kitchen gadgets, and tips to simplify KETO life. I'm on chapter 4 and I'm loving it so much. She has a 7 day weight loss and healing plan. Then a 30 day maintenance and healing plan. Super user friendly! She has rationales of uses and best sweeteners, spices, sauces, etc. Amazing pictures and walk throughs. Lots of sauces to make. Food doesn't have to be dry with her recipes and way of eating! The thing I'm most super excited about is the section about smoking foods. The BBQ and rubs and sauces have been an issue because of the high sugar content. She has done the hard work of testing until she finds a recipe that tastes amazing. This book exceeded my expectations. Seriously worth every penny.

This book is so great for beginners and experience Keto dieters alike. I love the intro that explains all that you really need to know, including "sugar" conversions making this simple. There are alternatives for many ingredients throughout the book to help you easily customize the recipes. The estimated time to prep and cook these are actually pretty accurate and the instructions are thorough. I have recommended it to anyone who has talked to me about Keto. All of the food I have tried is delicious. The only thing I'd like to see as far as revisions would be less ice cream type of desserts and more cakes or pies. I just look online for desserts instead and use this book for if I have questions for substitutions.

I found some great recipes and utilized them for some enjoyable dieting. Losing weight and eating good food is a great way to lose weight, this cookbook, provides that. The colored photos are very helpful in the process of cooking and determining the outcome and appearance of the prepared food.

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