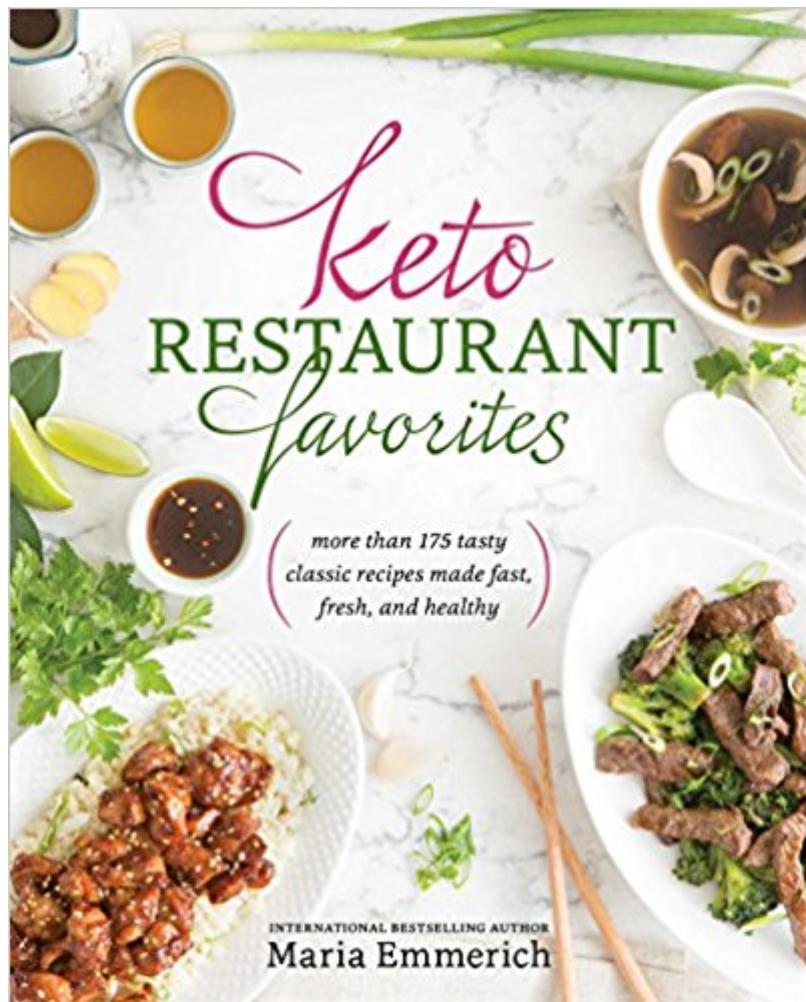


The book was found

Keto Restaurant Favorites



Synopsis

The ketogenic diet has taken the world by storm, and deservedly so: its results in helping people lose weight, manage chronic health conditions, and simply feel great are unmatched. Bestselling cookbook author Maria Emmerich sits at the forefront of the keto movement and has become the go-to source for high-fat, low-carb recipes that both please the palate and nourish the body. With Keto Restaurant Favorites, Maria delivers once again by putting a new and unprecedented twist on ketogenic cooking. Eating keto doesn't mean that you have to give up the dishes you love! Instead, Maria shows you how to re-create those recipes, keto-style. Keto Restaurant Favorites answers the demand for a one-stop cookbook that allows you to easily replicate your favorite restaurant cuisine in your own kitchen. Maria's recipes masterfully mimic the dishes you love using healthy, readily accessible ingredients. In addition to classic American fare, this book offers recipes for a variety of cuisines, including Italian, Chinese, Mexican, and Thai. Maria even includes favorites from the kids' menu! Recipes include:

Bacon cheeseburger
Copycat Frosty
Corn dogs
Curry
Pho
Tom ka gai
Carne asada
Gnocchi
Calzones
Cannoli
General Tso
And many more! With nearly 170 recipes covering a broad spectrum of restaurant cuisine, Keto Restaurant Favorites is sure to please even the pickiest eaters. Say goodbye to feeling deprived! This book gives you all the tools you need to re-create your favorite dine-in and takeout offerings in a healthy and delicious ketogenic way.

Book Information

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Customer Reviews

Maria Emmerich is a wellness expert in nutrition and exercise physiology. She is the author of several cookbooks and three nutritional guidebooks, including the global bestseller The Ketogenic Cookbook and Quick & Easy Ketogenic Cooking. Maria's blog, mariamindbodyhealth.com, offers 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. Maria's success stems from her passion for helping others reach and sustain optimal health through programs and education that work on a personal level. She understands the connection between food and how it makes us all feel inside and out. Her specialty is brain chemical neurotransmitters and how they are affected by the foods we eat. 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. The nutrient-rich, relatively high-fat dietary approach that she developed for herself and the exotic, little-known replacements for typical high-glycemic starchy foods and sugar are what finally gave her total peace with food, something she never imagined possible.

Trust me I know you don't think you want or need a cookbook. Especially with Google and Pinterest I thought the same thing. If you are on any kind of low carb or Ketogenic diet you NEED this book! I have yet to find a recipe from Maria that my family won't eat. Her recipes are easy to follow, delicious and unique. I have made different versions of this or that from Pinterest but Maria's are far different and far tastier. I have lost 225 pounds with the help of a Ketogenic diet and currently own 4 of Maria's cookbooks. I recommend them to everyone. I promise you make a full course meal out of

her books and your non low carb friends will go back for seconds.

Beautiful! I love that there is a full color picture of each recipe. The recipes are interesting and variable. Macros for each serving for every recipe. Totally worth the money and will be a staple in our kitchen for use and planning of meals. I totally love that I don't have to re-invent the wheel when trying to figure out individual macros. It doesn't get better than this.

Maria is GREAT with her creativity and artistry with her cooking and information. I love reading cookbooks and she makes it fun to do the cooking! I'm impressed and have about 5 of her books.

If you thought you'd be deprived living Keto, open Maria Emmerich's "Keto Restaurant Favorites" and think again! A wonderful, eclectic selection of recipes showcasing a variety of cuisines. Thank you Maria!

I love all of Maria Emmerich's books and this one does not disappoint!

Got here early and just drooling over the mouthwatering recipes! I can't wait to dive into and start making them!

fab fab fab! get this today!

I love this book. I have made a few of the recipes from this book and have not been let down. This book is as amazing as I thought it would be. I have not been let down by Maria Emmerich ever.

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