



## 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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# **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**

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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:**

**Leslie Marcellus:**

Do you one among people who can't read pleasant if the sentence chained from the straightway, hold on guys this kind of aren't like that. 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 book is readable by means of you who hate the straight word style. You will find the information here are arrange for enjoyable studying experience without leaving also decrease the knowledge that want to give to you. The writer associated with 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 content conveys the idea easily to understand by many people. The printed and e-book are not different in the content material but it just different such as it. So , do you even now thinking 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 is not loveable to be your top collection reading book?

**James Oliver:**

Your reading sixth sense will not betray a person, why because 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 guide written by well-known writer whose to say well how to make book that could be understand by anyone who all read the book. Written in good manner for you, leaking every ideas and creating skill only for eliminate your hunger then you still uncertainty 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 good book not just by the cover but also with the content. This is one reserve that can break don't assess book by its handle, so do you still needing yet another sixth sense to pick this kind of!? Oh come on your reading sixth sense already said so why you have to listening to yet another sixth sense.

**Lily Terry:**

Are you kind of occupied person, only have 10 or even 15 minute in your time to upgrading your mind talent or thinking skill also analytical thinking? Then you are having problem with the book when compared with can satisfy your short space of time to read it because this all time you only find book that need more time to be study. 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 mainly because it can be read by anyone who have those short time problems.

**Mark Klein:**

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