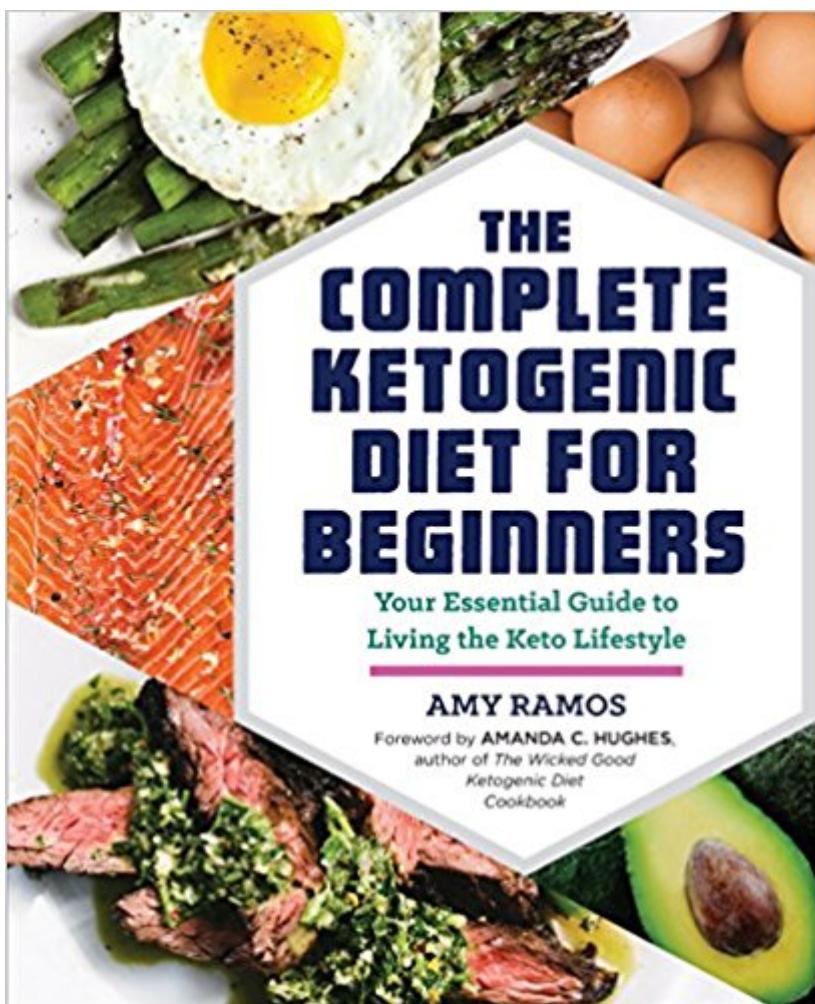


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# The Complete Ketogenic Diet For Beginners: Your Essential Guide To Living The Keto Lifestyle



## Synopsis

Ã¢ “This book is easy to follow and explains so much about how the body works to burn fat! The shopping lists are key. And the recipes are fantastic.Ã¢ •Ã¢ ª Verified Purchase Review for The Complete Ketogenic Diet for BeginnersEating healthier, losing weight, and trimming your waistlineÃ¢ ª no matter what your reasons for following the ketogenic diet are, starting is never as simple as it sounds. Equipping you with easy-to-follow meal plans, shopping lists, and need-to-know info about the keto lifestyle, The Complete Ketogenic Diet for BeginnersÃÂ is your all-in-one resource for starting and sticking to the ketogenic diet. Key into keto and learn how good it can feel to lose weight and lead a healthy lifestyle with The Complete Ketogenic Diet for BeginnersÃÂ cookbook. The Complete Ketogenic Diet for BeginnersÃÂ cookbook contains: 75 Easy to Follow RecipesÃÂ using five main ingredients or less for every meal 14-Day Meal Plan jump-starting your ketogenic diet with shopping lists and balanced meals A Complete OverviewÃÂ explaining the fundamentals of the ketogenic diet and advice for living the keto-lifestyle Handy ChartsÃÂ illustrating calories and nutritional information Recipes in The Complete Ketogenic Diet for Beginners include: Peanut Butter Cup Smoothie, Bacon-Artichoke Omelet, Chicken-Avocado Lettuce Wraps, Rosemary-Garlic Lamb Racks, Pesto Zucchini Noodles, Nutty Shortbread Cookies, and much more! Endorsed by the Mayo Clinic and others in the medical community, the ketogenic diet has been proven as a healthy, effective way of achieving weight loss, as it consists of low-carb, high fat foods that prompt the body to burn fat for energy instead of glucose.

## Book Information

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## Customer Reviews

View larger    Stuffed Chicken Breasts    Dairy free, Gluten free, Nut free    These golden breasts would not be out of place balanced on a complicated risotto in a fancy fine dining restaurant. The trick to perfect stuffed chicken breasts is to cut the breast deeply enough, without going through, so that the filling can be stuffed in and completely enclosed. If the filling protrudes from the chicken breast, it will simply melt in the oven heat leaving an empty pocket.    Keto Quotient: Great  
Serves 4 / Prep time: 20 minutes, plus 30 minutes chilling time / Cook time: 30 minutes    Calories: 389; Fat: 30g; Protein: 25g; Carbs: 3g; Fiber: 0g; Net Carbs: 3g    Fat 70%; Protein 28%; Carbs 2%

Instructions 1. Preheat the oven to 400°F. 2. Place a small skillet over medium heat and add the butter. 3. Sauté the onion until tender, about 3 minutes. 4. Transfer the onion to a medium bowl and add the cheese, olives, red pepper, and basil. Stir until the filling is well blended. Refrigerate the filling for about 30 minutes. 5. Cut the chicken breast horizontally to create a pocket. 6. Stuff each chicken breast with the filling and secure the two sides of each breast with toothpicks. 7. Place a large ovenproof skillet over medium-high heat and add the olive oil. 8. Brown the chicken on both sides, about 10 minutes in total. 9. Place the skillet in the oven until the chicken is just cooked through, about 15 minutes. 10. Remove the toothpicks and serve.

Substitution Tip: If fresh basil is not available in the grocery store or your garden, try using dried or a premade paste in the filling. You can also use a spoon of pesto for added flavor.    Ingredients

1 tablespoon butter.    1/4 cup chopped sweet onion.    1/4 cup goat cheese, at room temperature.    1/4 cup Kalamata olives, chopped.    1/4 cup chopped roasted red pepper.    2 tablespoons chopped fresh basil.    4 (5-ounce) skin-on chicken breasts, skin-on.    2 tablespoons extra-virgin olive oil.

AMY RAMOS is the pen name of the author behind the bestsellers *The Complete Ketogenic Cookbook for Beginners* and *Easy Ketogenic Diet Slow Cooking* cookbook (Rockridge Press). A professional chef for over 25 years, Amy Ramos is a passionate advocate for the ketogenic diet and the health benefits of a low-carb lifestyle. Her areas of expertise include recipe development, holistic health, and medically restricted diets. Foreword writer AMANDA C. HUGHES is a ketogenic chef based in New England with nearly a decade of experience in developing and cooking popular low-carb and paleo recipes. Stemming from the success of her ketogenic food adventure blog,

WickedStuffed.com, she authored the cookbook The Wicked Good Ketogenic Diet. Her advice and recipes have been described as “life-saving,” “hilarious,” “delicious,” and “nonsense free” by the hundreds of thousands of keto-loving home chefs who loyally follow her. Rockridge Press is a trusted voice in health and diet books, publishing a wide variety of lifestyle guides and cookbooks, including multiple New York Times Best Sellers, such as Bacon & Butter: The Ultimate Ketogenic Diet Cookbook and The Wicked Good Ketogenic Diet Cookbook: Easy, Whole Keto Diets for Any Budget. The diet experts at Rockridge Press take pride in publishing thoughtful, well-researched books that help readers make positive lifestyle changes and build permanent healthy habits. Headquartered in Berkeley, California, Rockridge Press is situated in the heart of one of the healthiest regions in the world, the San Francisco Bay Area.

This book is split into 3 parts: The Ketogenic Lifestyle, The 14-day Meal Plan, and the recipes. Before this book, I really didn't fully understand what a Ketogenic Diet was. Chapter 1 defines it for me in 4 words, Low-Carb, High-Fat. This diet promotes fresh whole foods and healthy fats & oils, and cuts out processed, chemically treated foods. It also tells you that when you start a Keto Diet, you'll most likely experience the Keto-Flu! Chapter 2 - Go Keto in 5 steps. 1-clean out your pantry. Egads! No dates or peas, 2 of my favorites! 2-Go shopping and stock up on the basics- water, coffee, tea, spices, herbs, non-sugar sweeteners, lemon & lime juice, mayo, mustard, pesto, sriracha, broths, pickled foods, nuts & seeds, meats, eggs, wild caught fish, nonstarchy veggies, berries, avocados, full fat dairy, avocado oil, olive oil, butter, lard, bacon fat. 3-set up your kitchen with a food scale, food processor, spiralizer, hand mixer, and cast iron pan. 4- plan your meals, and 5 -exercise! Part 2, the 14 day meal plan, not only gives you the meal outline for the week for breakfast, snack, lunch, snack, and dinner, but it gives you the nutritional breakdown of calories, fat, protein, carbs, fiber & net carbs, it then gives you what page to find the recipe on, THEN it gives you a weekly shopping list! Bonus!

Great guide for beginners, has lots a info, and well researched material to help you reach your goals. (lost 30lbs in under 3 months)

No photos but recipes I have tried are great. I eat with my eyes so prefer cookbooks with photos.

Easy to understand and follow. Great recipes and conversion charts. Gives you a real

understanding of how our body breaks down fat as opposed to carbs.

When I decided to start ketogenics I bought a general book plus three cookbooks. This book was the smallest of the three cookbooks but easily the most useful. Ramos includes basic ketogenics information at the front of the book and tips for eating away from home at the end. In between is a lot of helpful information. The book contains a two week menu for beginners. (Face it, there's a 90% chance you won't follow it to the letter, but it does help set your thinking in the right direction.) For each individual week there's a shopping list which, by itself, will help you adjust your kitchen quite a bit. There are tips on the best sweeteners (Swerve over Splenda), the oils you'll need, produce, canned and bottled items, pantry items, and meats. Something to consider as you go along is that some items, like almond and coconut flour are expensive items to stock up on, but you'll use considerably less than non-keto recipes will use for regular flour. Do what you can afford. Just know that there are some must-have staples like coconut oil and olive oil. The recipes themselves are divided into smoothies and breakfasts, appetizers and snacks, fish and poultry, meats, veggies and sides, desserts, and staples. Each individual recipe gives an overall "keto quotient" (how close it fits the idea balance of fats, carbs, and protein) as well as what each serving contains in calories and the fats, carbs, and protein for those servings. This makes life a lot easier if you are using a phone or tablet app to keep an eating record. I find myself in the kitchen a lot more, but that's a good thing, especially since I'm gaining more energy and endurance from the diet. Since I live alone I've also invested in more plastic bags and containers. When I use one of the recipes I divide the finished product into the number of servings, eat one and bag the rest for the freezer or fridge. Recipes include items like homemade salad dressings and mayonnaise in a good keto balance. Since I'm eating a lot more salad this has been handy to have. I also thought I would miss sweets but I've been using the book to make snacks with stevia products. There are some chocolate recipes using cocoa powder and oils that help stifle any chocolate cravings. The oils often melt at a little above room temperature so I put chocolate pieces in bags in the freezer and granola in the fridge in snack bags. I have yet to find a recipe that didn't turn out well, though my tastebuds like a little more salt. Better to add it in later because you can't take it out once it's cooked. The only bad turnout I had was my mistake, assuming that coconut flour would substitute for almond flour. It won't. There's a wide variety of tastes to help you learn your way through adapting the lifestyle to your tastes.

This book is great for beginners! We have tried several recipes and they are great. nothing crazy to buy. Highly recommend!

Just started reading it and I really love it already! Amy Ramos writes really down-to-earth and I can really apply what I'm learning as far as eating ketogenic goes...I'm at square one...I hope the next time I update the review I can write about how much weight I've lost, and how much better I feel!

Lots of great recipes if you happen to follow this diet.

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