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# Bacon Butter The Ultimate Ketogenic Diet Cookbook

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The Ultimate Keto Recipes Cookbook for Household

The Ultimate Simple Keto Cookbook

The ultimate ketogenic diet...and cookbook with illustrations!

Almost Keto

30-Day Ketogenic Meal Plan: The Ultimate Keto Meal Plan to Lose Weight and Be Healthy in 30 Days

Easy Everyday Keto

Southern Keto

The Bulletproof Diet

The Complete Ketogenic Diet for Beginners

Keto Clarity

Keto Kitchen

The Ultimate Guide to Keto Baking

The KetoDiet Cookbook

The Ultimate Ketogenic Cookbook

Bacon and Butter

The Ultimate keto Diet Recipes For Beginners

Low-Carb Cravings Cookbook

The Everything Guide to the Ketogenic Diet

Cast Iron Keto

5-Ingredient Ketogenic Diet Cookbook

Meal Prep

The Big 15 Ketogenic Diet Cookbook

The Everything Big Book of Fat Bombs

Intermittent Fasting for Women

Ketogenic Diet for Beginners

Rocco's Keto Comfort Food Diet

Unlock the Power of Ketosis: The Ultimate Guide to a Healthier You  
Keto In 28  
Simply Keto  
Keto For Dummies For Women The Ultimate Keto Guide for Empowered Women  
Keto Instant Pot Recipes Cookbook: The Ultimate Ketogenic Diet Recipe Book  
Keto Diet Cookbook After 50  
The Keto Diet  
The Ultimate Nutrition Bible  
Sweet and Savory Fat Bombs  
The Keto Reset Diet Cookbook  
Ketogenic Diet Therapies for Epilepsy and Other Conditions, Seventh Edition  
15 Day Keto Meal Plan for Beginners  
Perfect Ketogenic Lifestyle  
Bacon & Butter

*Bacon Butter The Ultimate Ketogenic  
Diet Cookbook*

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## **GALVAN POTTS**

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The Ultimate Keto Recipes Cookbook for Household Sourcebooks, Inc.

If you truly want to lose weight in a sustainable way, feel great about yourself, and improve your overall health, then you really need to read this book! Most people are trying to find the right solution to lose weight, have tried all sorts of diets, but didn't get too far with those diets. Why? Because it's extremely hard to stick to them and immediately after it, people will start gaining weight just like they were never on a diet. You don't want this unpleasant surprise to happen to you, so the real question you

need to ask yourself is: Do you want to lose weight and remain fit, while you are having your favorite food? If the answer is yes, then you need a lot more than a diet; you need a completely new lifestyle. You really don't have to look further than this book to find the perfect inspiration for your new lifestyle: The Eat Stop Eat Program. Intermittent Fasting tends to be the most sustainable way to burn fat. That's right, you will burn fat and lose weight, but you will not lose muscle mass (if you follow the simple principles of this Intermittent Fasting programs). This book will provide you valuable tips and tricks about: what you need to eat in order to make your body burn fat; how you need to structure your day to maximize the results of this procedure; how you need to exercise to burn fat and not lose muscle mass; Intermittent Fasting may sound very difficult for many people,

but the Eat Stop Eat program is the easiest and most accessible program you can do. Even if you have never fasted before, you can still easily cope with this program and experience the full benefits of it. If you want to fall in love with Intermittent Fasting, start with this program first! I promise that you won't be disappointed after trying this method, and you will discover how easily you can stick to it, unlike the previous diets you have tried. Of all the Intermittent Fasting programs this is my favorite, as it allows me to enjoy the benefits of fully nutritional meals combined with the fat loss and overall health benefits of Intermittent Fasting. You will probably find plenty of information online about Intermittent Fasting, but there aren't too many sources that will let you know what to eat in order to maximize the results of this program. If you are looking for such information, look no further, as this book is exactly what you need. So, what are you waiting for? Buy this book, now!

[The Ultimate Simple Keto Cookbook](#) BookRix

Now in its seventh edition, *Ketogenic Diet Therapies for Epilepsy and Other Conditions* is the premier resource for anyone considering starting or already implementing a ketogenic diet for epilepsy or other medical disorder. Coauthored by a multi-disciplinary care team from the world-renowned Johns Hopkins Hospital, this valuable reference establishes how these diets work, providing both the basics as well as advanced methods on how to start and maintain children and adults on ketogenic diets. Written for parents, patients, dietitians, neurologists, and individuals embarking on ketogenic diets for any purpose, *Ketogenic Diet Therapies* brings a patient-centered approach to answering common questions related to the ketogenic, modified

Atkins, and related therapeutic diets. With useful tips and information throughout, chapters cover diet selection, provide sample meal plans and recipes, offer guidance on how to connect with local and worldwide resources, and much more to ensure success. Revised and thoroughly updated, this edition reflects the latest pediatric and adult ketogenic recommendations with expanded sections throughout. New chapters have been added to address areas of growing importance and popularity, such as the new modified ketogenic diet, the gut microbiome, infants and the diet, using diets for adults, exogenous ketones, and diets for conditions other than epilepsy with additional coverage of diabetes and obesity. As the go-to text on ketogenic diets over the course of seven editions, this book continues its mission of preparing patients, families, and professionals for the ketogenic journey ahead. This essential book will help you: Understand how to start and use any of the five major ketogenic diets Fine-tune the diets to meet individual needs Develop and prepare tasty and healthy ketogenic meals Navigate the real world of school, family, and friends with confidence Learn about the latest research on the diet for use in infants, children, and adults

*The ultimate ketogenic diet...and cookbook with illustrations!*

Victory Belt Publishing

Comforting food that's good for you, too! Many people think that going keto means they have to give up good-tasting food—especially classic Southern comfort foods. But with a little creativity, most of your favorite foods can be made keto.

*Southern Keto* shows you how to make your favorite comfort foods delicious and low-carb without requiring lots of specialty ingredients or giving up breading, cheesecake, pan-fried chicken,

or biscuits. In this book, bestselling author Natasha "Tasha" Newton shares her struggles from childhood obesity and years of yo-yo and how keto helped her to lose weight and gain freedom from sugar and food addiction. She compassionately offers advice to help you on your own journey to good health and lower weight. Best of all, Natasha serves up delicious and healthy keto meals! Being a Southern girl, she knows that her family won't be interested in any food that doesn't taste great, so she prides herself on re-creating her family's favorite foods, keto style. In this book you'll find:

- Over 100 delicious keto recipes that use ingredients that are likely already stocked in your kitchen
- Sample menus to help you put together delicious meals for any occasion
- Comprehensive grocery lists
- Storage information to help you meal plan for the week
- Nutrition facts to help you easily track your macros
- Useful tips and tricks for getting started
- And more! If you've put off trying the keto diet for fear of missing out on your favorite foods, fear no more. Southern Keto makes sure flavor comes first while changing your health!

*Almost Keto* Fair Winds Press (MA)

Slim down, get healthy, and go keto the right way with 150 keto-aligned recipes from the bestselling author of *The Keto Reset Diet*. On the heels of Mark Sisson's bestselling *The Keto Reset Diet* comes a roadmap to starting—and staying—keto. You will transition away from carbohydrate dependency and weight loss frustrations into the world of metabolic flexibility, where you can reprogram your metabolism to use fat for fuel. You'll ditch processed grains, sugars, and refined vegetable oils in favor of nutrient-dense, high-fat foods. With the delicious, diverse meals in this cookbook, your journey will be enjoyable, convenient, and

free from the risk of backsliding and burnout that comes with a rushed approach to keto. *The Keto Reset Diet Cookbook* will help you replace your old favorites—for every meal—with keto-approved substitutes:

- Breakfast (Cream Cheese Pancakes; Hearty Coconut N'Oatmeal)
- Lunch (Broccoli-Cauliflower Soup; Avocado Stuffed with Salmon Salad)
- Dinner (Braised Short Ribs with Mashed Cauliflower; Cheesy Eggplant-Spinach Casserole)
- Sides (Italian Stuffed Spaghetti Squash; Turnip Noodles with Dandelion Pesto)
- Dessert (Dairy-Free Avocado Mousse; Chai Panna Cotta)
- Snacks (Lemon Protein Balls; Bacon Party Mix)

With these recipes, and many more, you'll experience a new world of low-carb culinary possibilities and lasting health.

### **30-Day Ketogenic Meal Plan: The Ultimate Keto Meal Plan to Lose Weight and Be Healthy in 30 Days**

KOKOSHUNGSAN®

In his midtwenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to "hack" his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? *The Bulletproof Diet*, an anti-

inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge--and change--the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional "diet" thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.

#### *Easy Everyday Keto* XinXii

This book "15-Day Keto Meal Plan For Beginners" begins with an overview of keto-friendly foods, foods to avoid, getting into ketosis, and how it operates in the body. As we all know that starting the ketogenic diet can be compressive- there is so much to learn. It is known that what is best for one's health is limiting dietary fat and eating lots of carbohydrates, especially "healthy whole grains." But the truth has been proven by diverse medical studies is that eating more fat and low carbs are advantageous for the treatment of so many health problems. It can help you lose weight, stabilize blood sugar, increase energy, balance hormones, improve mental focus, and much more. You can use the book as a guide to help you get started. With the guide and recipes, you will find in this book, you can end food obsession, cravings, and limitations through sound nutrition practices and delicious whole food meals so that you can get the weight and health you want without self-pity or breaking the banks. Amongst all the benefits you will enjoy in this book includes: -45 super

delicious meals -A complete 15-day meal plan -A graphic picture of each recipe -Nutritional values of each recipe -How to understand your ketone levels -Recommended ways on how to check your keto -A comprehensive guide for type 2 diabetes to avoid complications while on a keto and a lot more...

#### **Southern Keto** Sourcebooks, Inc.

The ketogenic diet, which is high-fat and low-carb (similar but more extreme than Paleo and a throwback to Dr. Atkins) is on fire these days. By drastically reducing the amount of carbohydrates you consume daily and eating lots of protein and fat, a metabolic process called ketosis kicks in, allowing your body to burn fat for fuel. With this book, best-selling author Ella Sanders brings readers 100 easy, delicious, low-carb and high-fat recipes that will melt pounds and improve overall health. The easy-to-prepare recipes include nutritional analyses to help readers track macronutrients with ease. From Cauliflower Mac 'n' Cheese and Mozzarella-Stuffed Meatballs to Keto Blueberry-Lemon Bread and Low-Carb Chocolate Chip Blondies, there's a little something for everyone to make taking on the keto diet a no-brainer.--

#### The Bulletproof Diet Youcanprint

Do you finally want a diet that allows you to lose weight sustainably and burn fat ? Then you are exactly right here. "The Ultimate keto Diet Recipes For Beginners Delicious Ketogenic Diet Meals To Lose Weight, Fat Burning, Low Carb, Nutrition And Reverse Disease" shows you all the essentials of the keto diet, how the nutritional principle works and where the ketogenic diet differs from conventional diets. Ketogenic diet is basically quite simple and easy to learn. It only needs the necessary basic knowledge. Here you are exactly right to acquire this basic

knowledge. This book by Damon Axe shows all the basics and delivers 21 keto easy recipes for weightloss. If you want to burn fat , on the stomach, on the waist or on the whole body, the ketogenic diet is an ingenious tool. The Concept of this book: Ketogenic nutrition is basically quite simple. With a little patience and adjusting the daily diet, losing weight is a breeze. A high-fat nutritional concept helps to achieve your desired weight. You do not really have to do without something. There are so many ways to cope with everyday foods. This book is suitable for you if: If you do not feel like dieting You want to lose weight sustainably Burning fat is important want to achieve your desired weight Get the book "The Ultimate keto Diet Recipes For Beginners Delicious Ketogenic Diet Meals To Lose Weight, Fat Burning, Low Carb, Nutrition And Reverse Disease" " NOW! And experience the new lifestyle!

*The Complete Ketogenic Diet for Beginners* Rodale

More and more people are turning to this healthy and delicious way of eating, but with lots of information about macronutrients and ketosis, it can be hard to know where to begin. Keto Kitchen makes it easy, with simple, delicious and inspiring recipes that fit into your busy lifestyle. This fantastic collection of recipes has been created by talented chef and keto devotee Monya Kilian Palmer. From Brown-Butter Scrambled Eggs to Slow-cooked Lamb Shoulder with Roast Cherry Tomatoes, every recipe is packed with flavour and nutrients. There are even desserts, including a Dark Chocolate and Raspberry Tart and Lime Cheesecake. The dishes are rich, indulgent and tasty. This is not diet food as you know it. Monya Kilian Palmer is a chef and culinary consultant originally from Cape Town, South Africa. Since moving to the UK

in 2012, she has worked for both Heston Blumenthal's Fat Duck Group and Le Cordon Bleu. She has been following the ketogenic lifestyle since mid-2018.

**Keto Clarity** Tyler MacDonald

Do you think the price is too high? Well, the included full-colored images stand out from the competition thanks to their high resolution. Take a look! Do you want to reinvigorate your body and have a healthier lifestyle? For those of us over 50, losing weight can be a particular challenge and one that seems increasingly more difficult as we get older. Many men and women try all sorts of fad diets that really don't work and most fail and then regain any weight they lost. Sometimes we even put on more weight than before, leaving us in a yo-yo dieting cycle without end. The ketogenic diet, also known as the low-carb diet or low-carb high-fat diet, has become a trendy low-carb diet. Like its name says, this diet is low in carbs, a moderate amount of protein, and high in fats. The main goal of the Ketogenic diet is ketosis. Ketosis is a natural process where fats stored in the liver break down into ketones, and they are consumed instead of carbohydrates to supply energy to the brain and the rest of the body. When this happens, the body becomes a fat-burning machine rather than relying on carbs for energy. In this Full Color Guide You will know that: - What is the keto diet - How keto is different from other diets - How does the ketogenic diet work? - How to know when you are in ketosis - Benefits of the keto diet for those over 50 - How does aging affect your nutritional needs? - How to start a keto diet when you are over 50 - What can you eat when you are over 50? - What you can't eat when you are over 50? - 28-day keto meal plan for people over 50 - And much

more! Even if you haven't quite hit 50 yet, or if you have just nudged past the wrong side of 60, this book can still help you to live a healthier lifestyle with its in-depth knowledge and delicious recipes. Crammed with healthy cooking options, it will help women to balance their hormones or men to reset your metabolism, through healthy choices that are as delicious as they sound. Imagine what your life would be like if a simple diet change could almost instantly make you feel and look years younger. Even if you currently suffer from age-related ailments or obesity, the insights and recipes contained in this guide will get you started on your way to a healthier, fitter body. What are you looking for? Scroll to the top of the page and hit the "Buy Now" button to get this book today!

**Keto Kitchen** Rockridge Press

Want the best instant pot recipes? This keto diet recipe book is the ultimate solution for those looking to use their Instant Pot wisely. Jenna Hughson has put together some of the finest keto Instant Pot recipes on the market. You will have the ability to eat to your heart's delight with this magnificent keto recipe book. With this delicious keto cookbook, you get everything and more all in one place!

*The Ultimate Guide to Keto Baking* Fair Winds Press (MA)

America's Test Kitchen raises the bar on keto cooking with dishes that offer fantastic flavor, efficiency, and ease. Break free from the monotonous or time-consuming recipes that too often make up the reality of a keto diet and discover easier, naturally keto dishes that deliver inspiration, variety, and great taste--all while perfectly meeting your macros. In this meticulously tested, must-have collection we set our sights on regular meals anyone would

enjoy, skipping the gimmicky ideas and seeking nourishing healthy fats and low-carb vegetables in recipes such as Lemon-Thyme Pork Tenderloin with Green Beans, Grilled Chicken Thighs with Shaved Zucchini Salad, One-Pan Steak Fajitas, Kimchi Beef Meatball Soup, and Green Shakshuka. Essential keto-friendly comfort foods help satisfy cravings with all-purpose keto wraps, pancakes, and simple sweets and snacks. Our recipes keep mealtime easy but interesting (most recipes take less than an hour), with plenty of variations to change up the routine (try making Butter-Basted Rib-eye Steak using Coffee-Chile Butter). Since eating outside the house is challenging, our Keto Meal Prep feature highlights the best make-and-take recipes--so you can skip that packaged snack bar and enjoy a bite of something homemade. A Keto essentials section and weekly meal plans will help to organize your shopping list, and healthy tips from our nutritionist make your goals achievable.

**The KetoDiet Cookbook** Enrico Aschieri

End the war with your diet by creating an optimized nutrition plan based on your goals, your genes, and your personal needs. Do you feel overwhelmed by the barrage of diet-related marketing and advertising? Have you gone keto then vegetarian then vegan and still felt lost as to what makes a diet sustainable? Are you part of the 97 percent of people who have failed to lose weight long term? Matt Gallant and Wade T. Lightheart, founders of BIOptimizers, are here to help you identify the factors that will bring you lasting results by helping you create a nutritional strategy that works for you. This all-in-one, comprehensive guide to the current diet and nutritional landscape will help you establish a personalized sustainable dietary strategy based on

your goals, genetics, and unique needs. Matt Gallant and Wade Lighthart, founders of BiOptimizers, provide the data, proven strategies, and hard-earned insights so that you can: Gain clarity about nutrition and dieting Lose weight in a healthy way and keep it off for life Tailor a wide variety of nutritional strategies to be effective for you Eat for maximum athletic and mental performance Optimize your nutrition to maximize your life span In the end, the only person that matters is you, and you deserve all the tools you need for the life you want to live."

**The Ultimate Ketogenic Cookbook** AndreaAstemio

The #1 keto cookbook for beginners! Featuring 75 recipes and a 14-day meal plan, this book is a simple, friendly way to start the ketogenic diet and lifestyle. Getting started with the keto diet can be overwhelming—so much to learn, and so many resources to choose from! The Complete Ketogenic Diet for Beginners makes it easy to stick with the ketogenic diet. You get exactly what you need for surprisingly simple keto: meal plans, shopping lists, support, and lots of keto recipes, whether you're trying to lose weight, or just working on being healthy. What sets this ketogenic cookbook apart from other keto books for beginners: **THE BIG PICTURE:** This ketogenic diet book offers an overview of the ketogenic diet and handy charts illustrating nutritional information to help you master keto cooking in no time. **75 TASTY RECIPES:** From Bacon-Artichoke Omelets to Pesto Zucchini Noodles, these easy-to-follow keto recipes can be prepared in 30 minutes or less. **A 14-DAY MEAL PLAN:** With breakfast, lunch, dinner, and snack suggestions, this book takes the guesswork out of starting your ketogenic diet by offering endless recipes to eat. Easy meets delicious meets healthy in this complete ketogenic

diet book. Start eating keto today.

*Bacon and Butter* America's Test Kitchen

Are you tired of diets that promise results but leave you feeling hungry and deprived? Have you tried countless weight-loss programs, but none of them seem to work? It's time to discover the power of the ketogenic diet! The ketogenic diet is a high-fat, low-carb diet that has been scientifically proven to help you lose weight, improve your health, and increase your energy levels. In this comprehensive guide, you'll learn everything you need to know about the ketogenic diet, including how to get started, what to eat, and how to maintain your results for life. With *The Ultimate Guide to Ketogenic Diet*, you'll discover: The science behind the ketogenic diet and how it works to help you lose weight The best foods to eat on a ketogenic diet and how to make delicious meals that keep you satisfied How to overcome common challenges of the ketogenic diet, such as keto flu and social pressure to eat carbs The benefits of the ketogenic diet beyond weight loss, including improved mental clarity, increased energy, and better overall health Practical tips and strategies for sticking to the ketogenic diet, even when you're on the go or facing temptations Don't waste any more time on diets that don't work. Order *The Ultimate Guide to Ketogenic Diet* today and start transforming your health and your life!

*The Ultimate keto Diet Recipes For Beginners* Victory Belt Publishing

Truly easy keto recipes for your busy life Unlock the secrets of fast and healthy ketogenic meals. *The Ultimate Simple Keto Cookbook* shows how appetizing and effortless the keto diet can be. Discover simple keto recipes that cook up using just one pot



or pan—or don't need to be cooked at all. Some of the recipes use only 5 ingredients or less, and many take 30 minutes or less. Each recipe includes macro percentages and nutritional info, making this cookbook the perfect keto companion on the journey to better health. Eat well every day with simple keto recipes like: Blue Cheese-Cucumber Bites—Buttery gorgonzola pairs perfectly with crunchy toasted walnuts for a sinful bite atop fresh cucumber slices. Garlic Cheddar Biscuits—No need to give up warm, buttery biscuits—this recipe satisfies cravings and avoids all the extra carbs by using almond flour. Creamy Zucchini-Poblano Soup—Zucchini and sweet, fruity poblano peppers pair beautifully with smoky cumin in this simple keto soup. Lemon-Basil Chicken—The aromatic combination of lemon and basil adds a gourmet touch to these easy marinated and grilled chicken thighs. Find accessible new ways to enjoy low-carb foods with this simple keto cookbook.

### **Low-Carb Cravings Cookbook** Youcanprint

Next-Level Keto Dishes from Your One-Pan Wonder Fancy equipment need not apply: These incredible Keto recipes are all crafted to be cooked in one tried and true kitchen staple—the cast iron skillet. Where other cookbooks would have you busting out bulky appliances that take up valuable kitchen space—not to mention the hassle of cleaning all those dishes at the end of a busy night—Cast Iron Keto gives you deliciously easy low-carb, high-fat meals all in one pan. Meat lovers will devour the savory Blue Cheese and Pecan-Stuffed Pork Tenderloin or the decadent Chimichurri Skirt Steak with Lobster-Turnip Stacks, while the Keto vegetarians in your life will be drooling over the fresh flavors of the Chipotle Tofu Bowls and the Zucchini Boat Pizzas. There's

even an Easy Ramen for Two, the perfect meal for those cozy stay-at-home date nights. The ease of using just one cast iron skillet allows you to get the best sear and lock in all the robust flavors these recipes have to offer, as well as cook your food more evenly than ever. Turn up the dial on your Keto flavors and cut down on time spent washing dishes as you wow friends and family with these delicious and easy Keto meals for any day of the week.

### **The Everything Guide to the Ketogenic Diet** Page Street Publishing

Keep keto simple, scrumptious, and easy with 150 recipes focused on 15 ingredients. Find inspiration for your ketogenic diet using real foods that people love. The Big 15 Ketogenic Diet Cookbook shows you how these 15 common ingredients—like eggs, beef, fish, avocado, cauliflower, spinach, and zucchini—can serve as the backbone to your new ketogenic diet. Whether you're new to keto or a veteran dieter, you'll be amazed how so few ingredients can create so many incredible recipes, like Perfect Scrambled Eggs, Bacon-Wrapped Cheese Dogs, Avocado Fries, Cauliflower Pizza, and Peanut Butter Keto Fudge. The Big 15 Ketogenic Diet Cookbook includes: 15 key ingredients—Bacon, dairy, nuts, chicken, beef, broccoli, and more...center your ketogenic diet around these healthy, delicious, and familiar ingredients. 150 healthy recipes—Make every meal a breeze with tons of options to fill your plate—plus 300 variations, to make sure you're never bored. 1 complete guide—Take control of your diet with easy-to-understand explanations of the ketogenic diet, helpful food guides, pantry stocking advice, and more. Keto is now simpler, easier, and yummiest than ever with The Big 15

Ketogenic Diet Cookbook.

**Cast Iron Keto** Springer Publishing Company

You Can Have Your Fried Chicken and Eat It, Too The benefits of eating a low-carb diet are countless, but who can remember a single one in the throes of an all-consuming craving? Cravings for baked, fried, starchy, and sweet foods are intensely powerful. At last, you no longer need to be a superhuman to succeed on a low-carb diet. This cookbook was created for your weakest moments to give you the full flavors of your craving without the carbs. In The Low-Carb Cravings Cookbook, you'll find: Tips for smart pantry stocking so that you have the low-carb staples you

need when a craving hits Creative ingredient substitutions that give the tastes and textures of your craving 105 recipes, including fried chicken, onion rings, hash browns, pizza, lasagna, cookies, muffins, ice cream, and many more of your favorite high-carb foods Nutritional information on every recipe providing total carb, fiber, and net carb counts Here's to treating but not cheating!

5-Ingredient Ketogenic Diet Cookbook Usama Ahmed

Sweet and Savory Fat Bombs contains 100 fat bomb snack recipes that are perfect for anyone on the ketogenic or low-carb high-fat diets.