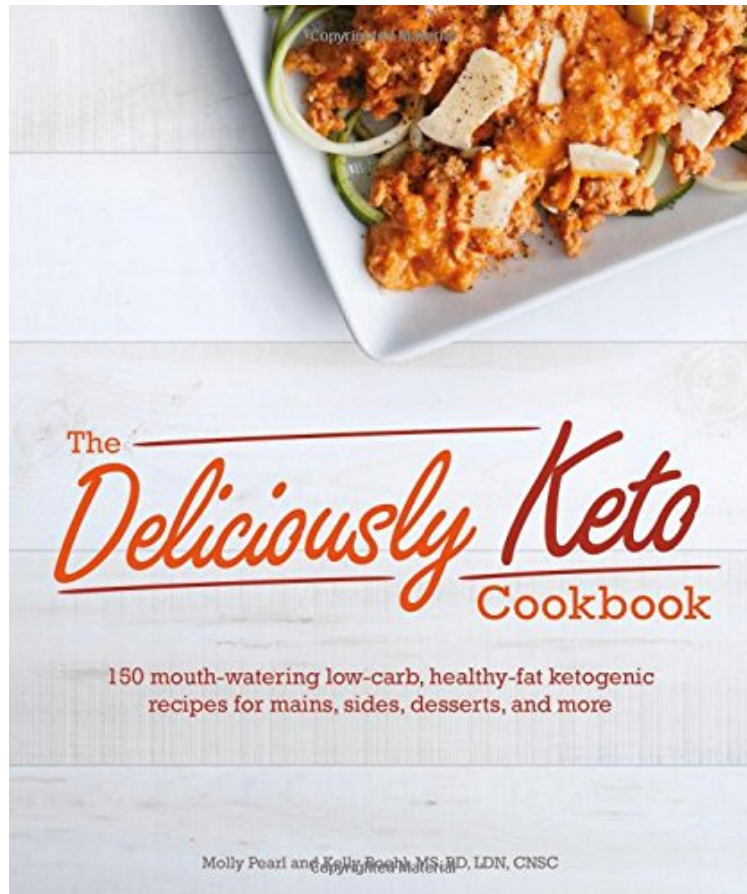


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Molly Pearl, Kelly Roehl MD RD

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maintaining a ketosis lifestyleBy Lucille M. LairdLove the focus on whole foods and natural ingredients. Recipes are practical and can be served to the whole family. I like that each recipe is broken down into ketosis macros. Beautiful photos too.

The Ketogenic diet is a high-fat, moderate-protein, low-carb diet originally developed to reduce the frequency of seizures in epilepsy patients. More recently, however, it has found a mainstream audience who view it as a real foods-based diet with weight loss and other overall health benefits. By focusing on dietary fat and ketones instead of simple carb-derived glucose as a primary energy source, the body becomes more efficient at burning body fat and is spared the conversion of leftover glucose calories into body fat. The Deliciously Keto Cookbook offers 150 deliciously satisfying recipes for breakfasts, appetizers, snacks, mains, desserts, and sides, all designed to help readers set and reach personal health and weight loss goals. The recipes follow a high fat/low protein/ultra low carb ratio designed to induce readers into a state of nutritional ketosis where they are consistently burning ketones (fat molecules) for energy instead of glucose (carbohydrates). Additionally, readers who have attained health goals and are looking to follow a longer-term maintenance program will benefit from simple modifications for each recipe that enable them to adjust the nutrient ratios to a slightly lower fat and slightly higher carbohydrate ratio. Also included: Tips and tricks for cooking keto-friendly dishes, eating out on the keto diet, and managing the side effects, including the temporary "keto" flu that accompanies the induction of ketosis. Helpful modifications that enable readers to modify recipes from a high fat induction phase to a moderate fat maintenance phase.

About the AuthorMolly Pearl is the author of *Idiot's Guides: Mediterranean Paleo Cookbook* and *Idiot's Guides: Slow Cooking*, and has contributed recipes to *The Complete Idiot's Guide to Eating Paleo*. She currently writes for *Knives and Pearls: Primal Recipes for the Civilized Cook* (knivesandpearls.com). Kelly Roehl, MS, RD, LDN, CNSC, is a registered dietitian nutritionist at Rush University Medical Center in Chicago, Illinois. She specializes in ketogenic diet therapy for both adult and pediatric patients for the treatment of epilepsy and other neurological conditions, as well as for weight loss.