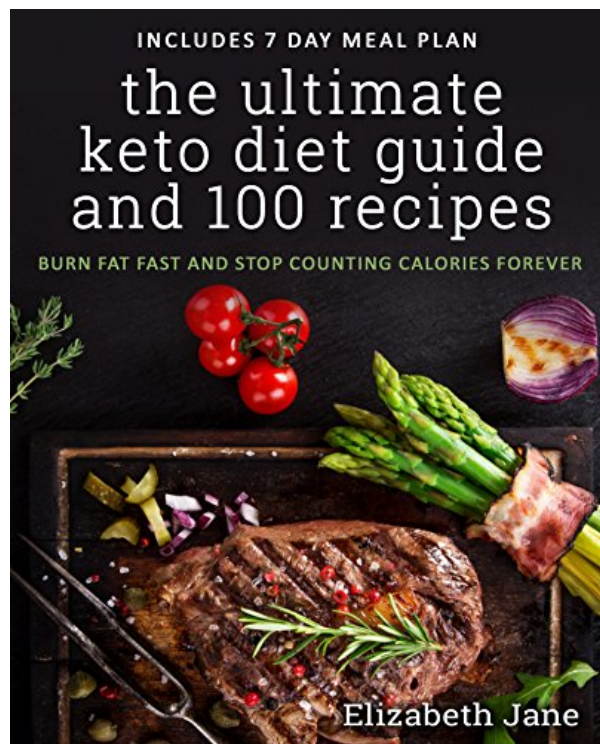
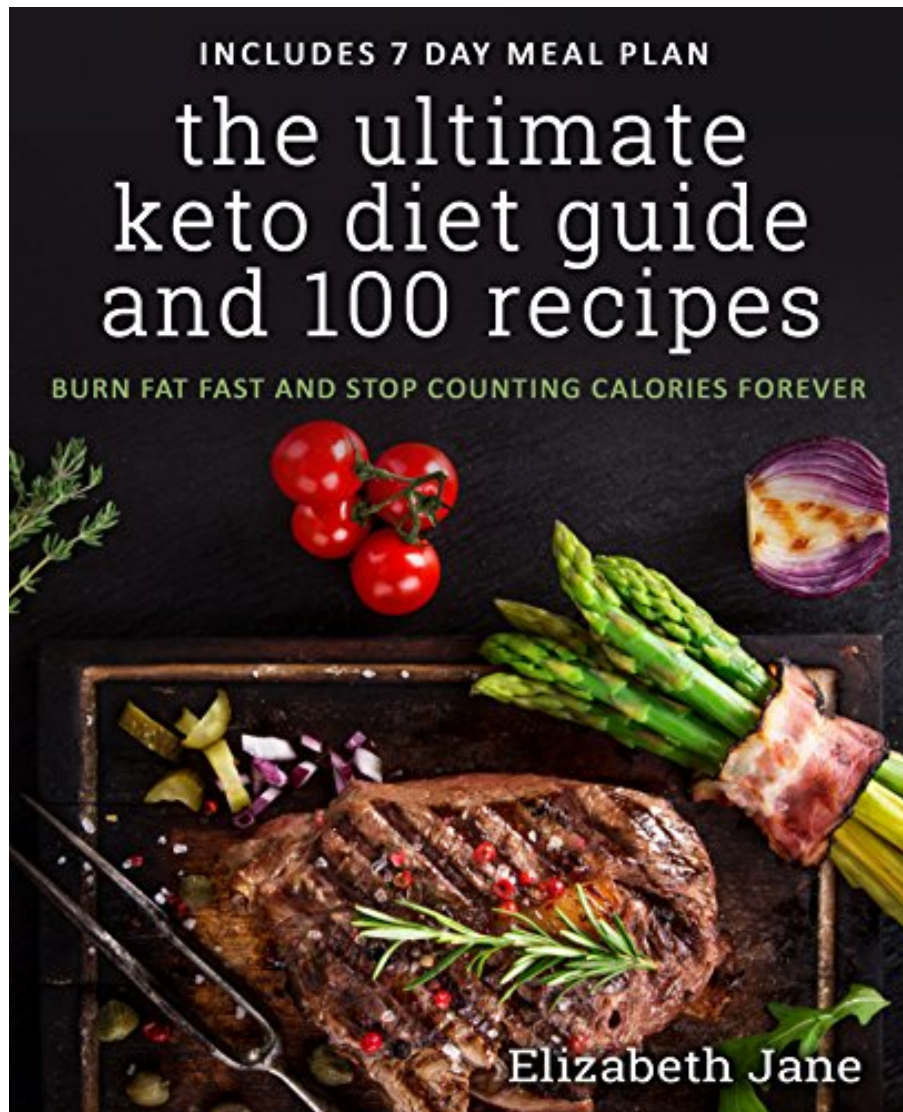


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Most helpful customer reviews

18 of 19 people found the following review helpful.

Great Ketogenic Recipe Book. Informative!

By Bernard S.

Oh wow! 120 recipes. This was my initial reaction when I opened this book. I was a bit skeptical about its contents, is this just another Kindle Ketogenic Diet recipe book that only collects a number of recipes online?

First and foremost, the book started out with a detailed explanation of what a Ketogenic Diet is about. This is a great way to introduce the diet to people who want to try it, I'm glad this book made sure that the readers will gain a better understanding of what they are getting themselves into; from the benefits, what to expect, to which foods to eat and avoid. I've learned so much about the right calorie intake I should take each day in order for this diet to work at its full potential.

For the recipes, the book contains a wide variety of foods to choose from. Complete with meat, vegetarian, seafood, breakfast, side dishes and even desserts. What I like about this book is that each recipe contains nutritional facts per serving and not all recipe books have this!. It's really helpful so I can calculate and be aware of how much food intake I am getting daily.

I have already tried the Spicy Tuna and Quinoa Salad, Chicken Gumbo and Sesame Chicken with Broccoli. This was my favorite, I decide to post a picture of it (except I had no sesame seeds to hand at the time.. turned out ok though). I enjoyed all these recipes and can't wait to try the others too!

6 of 6 people found the following review helpful.

informative low carb diet recipes!

By K.B.

Like all diet books, this book promises effective weight loss - if committed to following religiously. First, this book is informative. It laid out the basics of Ketogenic Diet and discussed the things you need to know before starting. If you are a beginner, then this will suit you well. And the 100 recipes included in this book lessen the burden of preparing a ketogenic-fit meal on your own. That's a lot of recipes to choose from. The ingredients are fairly easy to find at the grocery store or at the local market. Recipes are easy-to-prepare, and the procedures easy-to-follow. What I personally like about this book is that it depends on the amount of time you can allot for cooking, the recipes included prep and cooking time. It also includes the number of servings per meal. So you can choose from a vast number of recipes based upon your time allocation and the size of your family. Since we are talking about "diet" the book has Nutritional Facts added at the end of every recipe. So you'll know how much you are taking in.

3 of 3 people found the following review helpful.

Best Diet Guide

By henry

I was looking for a good ketogenic recipe book and that's why I purchased this book. This book has full feature of explaining what Ketogenic are all about and what can it do to our health and its benefits. This book is more than just a recipe book; it also breaks down the different types of food from proteins to vegetable, to dairy and spices. This book describes 120 delicious recipes. All the recipes I have tried so far have turned out amazing and my family is really impressed with them. This is definitely my top recipe book. This book is highly recommended. Thanks.

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