



# The Deliciously Keto Cookbook

*Molly Pearl, Kelly Roehl MD RD*

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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.

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