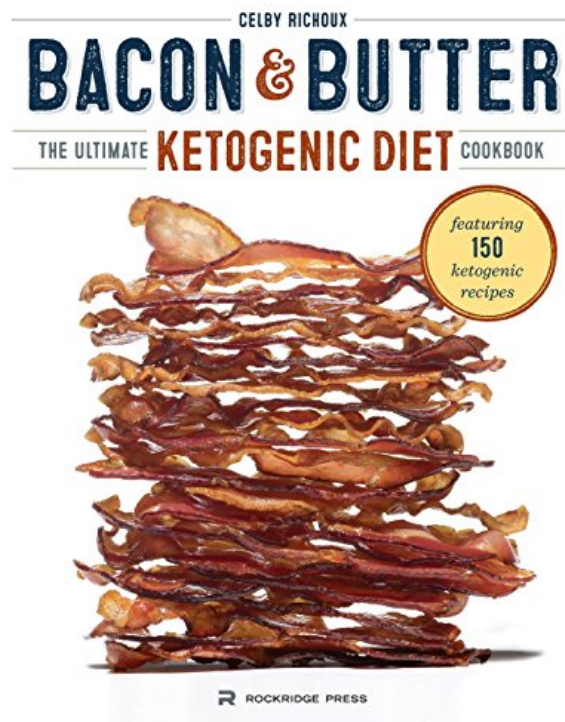
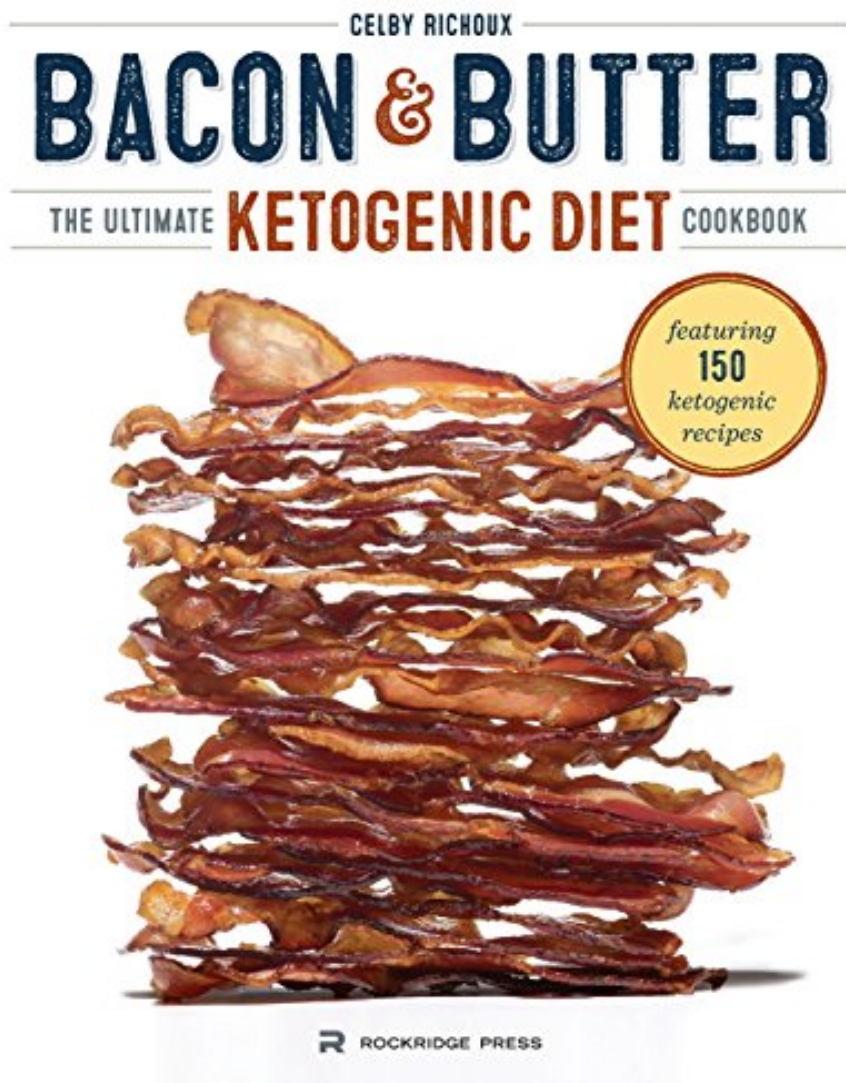


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All the recipes you'll ever need to live and eat well on the ketogenic diet!

Celby Richoux was overweight, exhausted, moody, and suffering from a range of physical discomforts when she found the ketogenic diet. But all that changed once she adopted its high fat, low carb principles.

You too can reap the benefits of the ketogenic diet with Bacon & Butter, your ultimate companion for keto cooking, today and every day. Whether you've come to keto through the guidance of your doctor or you're looking for a sustainable way to lose weight, Celby's recipes will boost your health and change the way you think about food forever. Features include:

- Clear explanations of why fat is your friend
- At-a-glance charts of keto-friendly foods
- Ideas for how to handle social situations--from office parties to holiday family dinners--while doing keto
- Handy nutritional information for each recipe, plus suggestions for keeping track of your nutrients

Enjoy the classic flavors of all your favorite foods with keto-friendly recipes that will keep your diet on track and your taste buds happy.

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- Binding: Paperback
- 250 pages

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94 of 101 people found the following review helpful.

A Ketogenic lifestyle

By Felita1

This cookbook is geared toward individuals who follow or want to follow the "Ketosis" diet. I had never heard of Ketosis before reading this book and was very interested in learning all about it. Hey, who doesn't like bacon right! Well, in my case turkey or beef bacon for me! I loved that the beginning of the cookbook explains what Ketosis and macro-nutrients are and how to calculate your proper macro-nutrient breakdown for your body ratio with the amount of fat that your body size should have. It also gives you which foods you should avoid so that you won't knock you Ketosis ratio off. Sugar is definitely a no-no on this diet! I also love how this book lists different places (stores and online) where you can purchase items that are hard to find in your local supermarkets.

What particularly peaked my interest, was the fact that the author gives you ways on dealing with family, friends, and co-workers who don't support your lifestyle change! Sometimes on a lifestyle change journey we find those individuals who question why you chose this route to take or just don't support your efforts at all which can deter you and discourage you. Loved how the author gave you ways on how to deal with those individuals.

Some of the recipes kind of caught me by surprise like "Buttered coffee." This is an extremely different way to drink coffee! I think I would be willing to try this! I loved looking through all of the recipes and they seem quite tasty. Each recipe breaks down the ratio, calories, total fat, carbs, net carbs, fiber, and protein. I like how it helps you find the perfect pair to go with each dish. For me, I would substitute pork varieties with turkey or beef because I follow a Kosher diet but this would probably be a lifestyle change that I would be willing to adapt.

I was given this book for review. The opinions are 100% my own and honest.

104 of 113 people found the following review helpful.

Extremely informative with great recipes

By The loony bin

Bacon (yum) and Butter (yummy)... Just how do you justify these two items on a list of approved items for a diet? This books explains it all to you. The first few chapters explain how your body will respond to the major change in your eating habits and the reasoning behind these changes. While there is a lot of science type information on the why's and how's, I found it to be very daunting to wade through. There are tons of lists to reference as to which foods to eat and which foods not to eat while subscribing to this lifestyle which are helpful. The recipes are varied and unique from Scotch Eggs at breakfast to Feta and Olive Stuffed Chicken for Dinner with Chocolate Covered Bacon for dessert. I really appreciated the recipes for Sugar free ketchup and Teriyaki Sauce (who knew there was that much sugar in those items?). Overall this was great book for the beginner that wants to learn and has the energy to make a plan on their own for the food choices. Personally, I would appreciate a 30 day meal plan included with the book. I received this book in exchange for my honest review.

79 of 88 people found the following review helpful.

Great book, A lot of Good Information!!

By Shelley Walling

Bacon and Butter The Ultimate Ketogenic Diet Cookbook is not a fad diet or something you would try and stop. This "diet" book is a life style change with all the foods we grew up with in the south. Who would not like to eat Bacon and butter and meats and good fats like lard and Coconut Oil. The diet would consist of Bacon for Breakfast and even steak if you were up to it. Fat is your friend, but carbohydrates are your worst enemy as they turn in a sugar that does not benefit anyone.

The keto diet works simply this way using high-fat, moderate protein and low or no carbohydrates and your body will burn the protein for fuel and fat and the results are lost weight and more energy. The major benefit of the Ketogenic diet and science has backed this up, by using this diet to virtually eliminate effects of seizures in those of us that have epilepst and that is something I have had since birth.

There is something called Macronutrients are what fuels the body and gives the body what it needs to sustain life. The Macronutrient breakdown of the keto diet is as follows:

60 to 80 percent fat, 20 to 35 percent protein and very little carbohydrates and carbohydrates can be found in vegetables instead of grains.

You can find out what works best for you using this keto calculator:

www.keto-calculator.ankerl.com

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