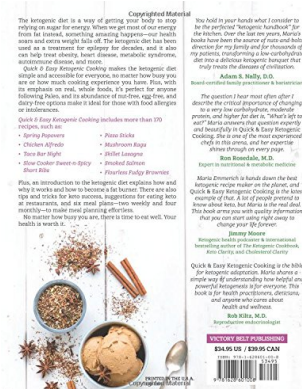


# [PDF] Quick & Easy Ketogenic Cooking: Meal Plans And Time Saving Paleo Recipes To Inspire Health And Shed Weight

Maria Emmerich - pdf download free book



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## Description:

With *Quick Easy Ketogenic Cooking*, nutritionist and popular food blogger Maria Emmerich takes the guesswork out of ketogenic cooking.

What is the ketogenic diet? It's a way of eating that shifts your body from being a sugar burner to being a fat burner. It's also a revolutionary way to support better health—it can improve everything from epilepsy to obesity to autoimmune disease and more.

If you want to try a ketogenic diet but are busy, stressed, and unsure about how to adjust your diet to make your body burn fat, this book is for you. Not only are the recipes fast and simple to prepare, but they're also specifically designed to support your body in ketosis so you can heal. They are grain-free and built around real, whole foods, in keeping with Paleo principles. Plus, there are many options for those looking for nut-free, egg-free, dairy-free, and vegetarian meals.

It's easier than you think to prepare mouthwatering, nourishing ketogenic meals. *Quick Easy Ketogenic Cooking* shows you how.

The ketogenic diet is a way of getting your body to stop relying on sugar for energy. When we get most of our energy from fat instead, something amazing happens—our health soars and extra weight falls off. The ketogenic diet has been used as a treatment for epilepsy for decades, and it also can help treat obesity, heart disease, metabolic syndrome, autoimmune disease, and more.

*Quick Easy Ketogenic Cooking* makes the ketogenic diet simple and accessible for everyone, no matter how busy you are or how much cooking experience you have. Plus, with its emphasis on real, whole foods, it's perfect for anyone following Paleo, and its abundance of nut-free, egg-free, and dairy-free options make it ideal for those with food allergies or intolerances.

*Quick Easy Ketogenic Cooking* includes more than 170 recipes, such as:

1. Spring Popovers
2. Chicken Alfredo
3. Taco Bar Night
4. Slow Cooker Sweet-n-Spicy Short Ribs
5. Pizza Sticks
6. Mushroom Ragu
7. Skillet Lasagna
8. Smoked Salmon
9. Flourless Fudgy Brownies

Plus, an introduction to the ketogenic diet explains how and why it works and how to become a fat burner. There are also tips and tricks for keto success, suggestions for eating keto at restaurants, and six meal plans—two weekly and four monthly—to make meal planning effortless. No matter how busy you are, there is time to eat well. Your health is worth it.

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