



The Modified Keto Cookbook: Quick, Convenient Great-Tasting Recipes

Dawn Marie Martenz, Beth Zupec-Kania RDN CD

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Including tips, strategies, and an abundance of great-tasting, simple to prepare recipes to make following a low-ratio ketogenic diet easy

The high-fat, low-carbohydrate modified ketogenic diet, based on a ratio of fat to non-fat (protein and carbohydrates) of 2:1 and 1:1, has been used to improve seizure control in people with epilepsy and new research suggests that the diet may promote weight loss and provide benefit to those with cancer, brain injury, forms of dementia, autism, and other neurological problems.

With a focus on fresh, clean eating and simple, everyday meals and snacks requiring minimal effort and time, *The Modified Keto Cookbook* will help even the busiest families or individuals incorporate the diet into their lifestyle and experience the rewards.

Includes:

- Allergy-free recipes (nut, dairy, and egg free)
- No-cook and make-ahead meals
- Suggestions to increase fat in recipes to conform to the classic ketogenic diet ratios (4:1 and 3:1)
- Recipes with standard US measurements and grams

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Wilbert Westerfield:

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Sally Rose:

A lot of people always spent all their free time to vacation or maybe go to the outside with them family members or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity this is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent the whole day to reading a book. The book The Modified Keto Cookbook: Quick, Convenient Great-Tasting Recipes it is extremely good to read. There are a lot of those who recommended this book. They were enjoying reading this book. When you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore easily to read this book from a smart phone. The price is not to cover but this book features high quality.

Luis Gazaway:

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disappoint an individual. The inside or content is fantastic as the outside or cover. Your reading 6th sense will directly make suggestions to pick up this book.

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