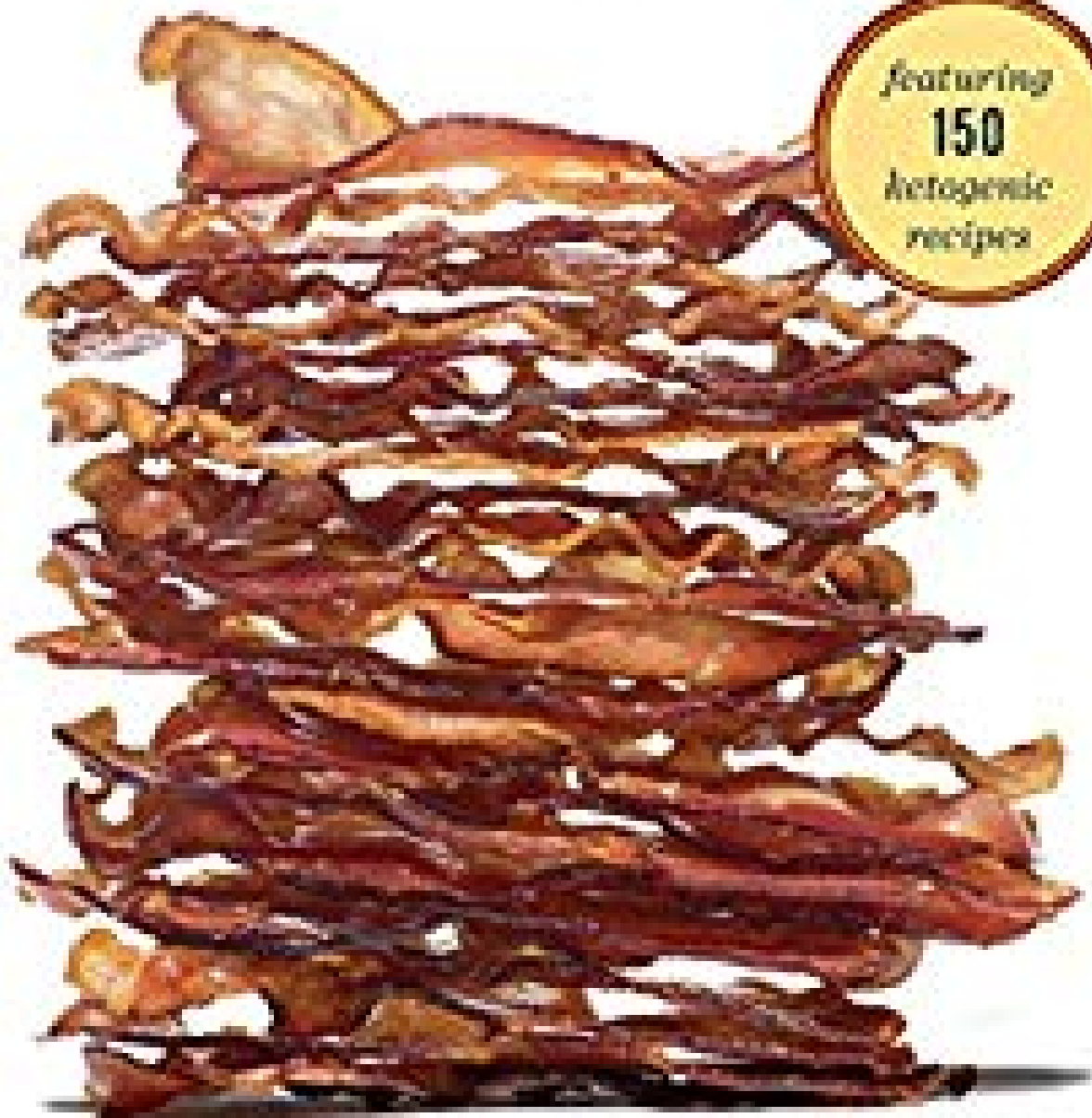


# BACON & BUTTER

THE ULTIMATE **KETOGENIC DIET** COOKBOOK



featuring  
**150**  
ketogenic  
recipes

CELBY RICHOUX

Celby Richoux

## Bacon & Butter: The Ultimate Ketogenic Diet Cookbook



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"I like this cookbook! I've purchased many cookbooks with the low-carb, high-fat quality recipes that support a ketogenic diet plan and this is by far the best. The recipes have become accessible and don't add a lot of specialty substances." With Bacon & Butter: The Ultimate Ketogenic Diet Cookbook you'll begin shedding pounds immediately—and learn how to keep them off for great—by following a low-carb, high-body fat ketogenic diet packed with tasty, wholesome meals that you'll like. Your journey towards a wholesome life and slimmer waistline begins here and today, with useful features such as for example: 150 delicious ketogenic diet recipes that will keep the body in ketosis, filled with nutritional information for each recipe. Clear help with what ketosis is and which foods are truly keto-friendly. Knowledgeable guidance from Celby Richoux who has experienced firsthand the incredible, transformative results of the ketogenic diet. Ideas for how to stick to your brand-new ketogenic diet—from common social situations like office parties to holiday dinners. Whether you've come to keto through the guidance of your doctor or you are considering a sustainable way to lose weight, Bacon and Butter is your complete ketogenic diet resource for keeping your diet on track and your tastebuds happy."—Sarah, Amazon Verified Purchase Review

For many of us, the idea of dieting conveys unpleasant notions of flavorless piles of lettuce and overpriced freezer foods. However the secret to slimming down isn't starving yourself or eating processed "diet plan food."



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DON'T PASS THIS UP!!!! Easy DELICIOUS, quick recipes OK. Huh?! I could order chicken or steak with cream sauces and butter. Amazing, informative, great recipe choices but We wish there have been more vegetable dishes. High carbs, eliminate the fats. Over the years I would yo-yo, slimming down and gaining weight again. When foods take out the fat they take out the flavors! To take into account this insufficient taste then the manufacturers add back loads of sugars. This book teaches you how to change your body from a sugar-burner to a fat burner, which is what you are when you are in ketosis. Good for inspiration, bad for real execution. Consider the blueberry avocado smoothie for instance. I'm a nurse practitioner and recommend the dietary plan to all or any my patients except maybe type 1 diabetics. This book showed me that fat is integral for your success of achieving ketosis and proper fat-burning!! 20-35% Protein and 0-5% Carbs! So fat is important! Wouldn't follow the tips in this book Just right off the bat considering the preview of the publication I found some fairly questionable suggestions. I have already been doing this course of action and I am in fact eating less!! Fat has even more flavor and more calories. When you're sticking to 20 a day time, that sort of error matters! Once in a while I will get hungry and want to turn to a quick carb anything but have learned to have nuts, cheese, etc. ready at hand. I eat plenty of vegetables because there are lots that have a low-glycemic index. I have lost weight easily and without any hunger. I do not crave sugar that much anymore and if I do I've learned incredible replacement dishes that look after it. Worth! She has been doing this very similar program and has improved most of her blood levels.. Quality recipes are wrong! They will have breakfast, lunch, desserts, smoothies, and sauces. I can venture out to a cafe and also eat! My energy is up and I am excited because I don't feel like I am deprived!! For years our society has been telling us LOW or NO Excess fat is the essential! And after 6 hours uncovered at 400degrees my 4. There are so many recipes where you utilize Almond Flour and Coconut flour that you can eat things like sausage gravy and biscuits, pancakes, muffins, etc. I don't feel just like I am lacking anything with these options! Here are a few interesting things I've eaten and also adapted "my very own" versions from: Buttered Coffee!! DO not waste your period on this publication that was clearly not thoroughly combed through by an editor or even spell check! Peanut butter shake, chocolate covered nuts, my adaptation of one recipe is lemon coconut chocolate cheesecake... She was so excited! This book's information has been a blessing if you ask me! cinnamon muffins with cream cheese frosting Eggs, cheese, bacon.. ingredients! It includes a Large amount of typographical errors, almost NO pictures and whoever wrote this simply didn't understand the idea of measurements and the way ingredients work.. recipes with chicken, beef, seafood, shrimp. KETO FANATIC here thus don't waste your time and effort on this book if you don't like wasting food! We used this initially of our trip into Keto and some recipes were helpful, however I am not a fan of this book at all. We attempted at least 30 quality recipes- worst, by far, were the "scones!... Actually the ISBN amount is wrong. it has it all! this is so good and it does not taste "diet" at all! Its easy quality recipes have allowed me to immediately start in this manner of eating unlike various other books where you must build up a huge food list before you can really begin. I bought some ketosis testing strips here on Amazon which helps me monitor my ketosis. They demonstrate when you are in ketosis and not and also show in case you are in light ketosis or high ketosis because they will have color variations. Book lists this as 0.. Why 2 STARS? Trigger hate is a strong feeling for this publication, I merely can't stand it and I'll tell you why. I purchased this because of its cost and seemingly great evaluations. After purchasing this book and attempting 10 different recipes, I realized that a lot of individuals who gave this book great critiques got it at the discount

price or free! Not really 1/3 of a box or 1/3 or Tablespoon - 1/3 CUP!.I am on the KETO diet plan for 3 months and while I LOVE the diet, So that they can find more ways to cook different foods, I attempt to purchase cook books to assist my journey. Good sense should have explained something was wrong, but I still followed it.I made the beef stroganoff (gross, watery mess and the cream cheese didn't also melt and blend very well in to the sauce), lemon cheesecake (aka rubber cement! The recipe needed 1/3 cup of lemon JELLO!? Add that to at least one 1 CUP of boiling water and yes, in a couple of hours, you've got an ideal recipe for cement. Should've used common sense!) Recipe after recipe let me down and wasted valuable meat &. I've made some of the fat bomb recipes successfully but they're nothing fancy that you can't find on say, pinterest. I will put coconut essential oil, almond milk or coconut milk, and some xylitol or Swerve sweetener---When I have this I feel such a burst of energy! disappointed, I should have looked at the other bad testimonials. Just don't plan on this reserve assisting you on your own journey. Cooking well takes skill, I understand, but cooking food keto friendly dishes will take some extra finesse which book will only enable you to down cause clearly no-one thought to MAKE the food they published! Publisher error - usually do not buy! This publisher reprinted the soft cover of this book and used the right cover however the content of the book is from another Rockridge title called "clean eating". 1 CUP of glucose is add up to, like, 1 tsp of stevia!. What a huge mistake. Ketogenic is the way to go!. She actually is inconsistent with her products of measure (oz, Cups, etc- everywhere. Cream cheese for instance, when bought in tub-form vs stick form, recipe demands oz, so there is a lot of googling heading on!) I am also not a enthusiast, at all, of the authors "voice." Some quality recipes are Okay, but we mostly cross referenced with equivalent recipes on the internet. No photos of ready meals so you know what the hell you're producing! For background, I not only have a love for cooking, but I'm good at it too! I must say i wanted this to function, and it was really disappointing..9 net carbs. They are NOT ketogenic quality recipes. I am significantly obese. The dietary plan wants you to put into action 60-80% FAT! I not merely have a like for cooking Not a huge fan.! I discovered from this book that if you have more protein than body fat then your body will then begin turning the surplus protein into glucose will become similar to sugar-burning. I've been eating a ketogenic diet for 3 years and have lost 55 pounds. I experienced my annual physical this week and just got my cholesterol results total 185, Trig 40, HDL 61, LDL 115. Pretty good for consuming bacon, eggs, and heavy cream each day. I truly believe this is the way everyone should consume. It did function but I was focusing more on protein and much less carbs but I did so not get the importance of fat. Great Dishes, but don't trust the macros! Lots of great dishes in here, but how has no one pointed out that the nutritional details is wrong on Thus many recipes? Years back I attempted the Atkin's diet. 1/2c blueberries, whole avocado, 1/2 cup unsweetened almond milk--makes 2 servings. This can help me keep track.9 carbs, 0 fiber, so 0." The printed recipe needed 1/3 glass "Splenda, stevia, or various other sugar substitute. HUH? A 1/4c of blueberries has 3 net carbs, 1/2 avocado includes a few... This recipe has at least 4. I no longer have got jitters from high-carb consumption that was leading to crashes. And there are a lot of errors like this.Guess what? Sunflower essential oil, Safflower oil, Vegetable oil, are all listed beneath the heading "Fats to enjoy" The fact is all seed based oils such as they are highly inflammatory, and inflammation is at the core of practically all disease. Besides you get a lot of omega 6 body fat in any diet without them, adding them just boosts your risk for all disease. Remove all the seed natural oils, and I'd consider buying it.! Great recipes Great recipes Just Okay ! I read this publication and it creates so much sense! It's a good beginning, however I came across a

few of the recipes never to my flavor and had to make major adjustments. My sister provides diabetes and high blood circulation pressure.! Good starter reserve for new me to dieters. GOOD START FOR KETO BEGINNER I am pleased with the recipes and other information found in this book I am a newbie in Keto, and finding this book very useful. The foods are amazingly yummy. Liked this cookbook and experienced some solid foods with it that are now section of my normal rotation (poultry piccata). But I tried the Pot Roast. Getting on the keto diet is costly for me cause I am buying better quality substances however, I've wasted a lot of them on this book. Most of the dishes are quick and easy and because they will have FAT they are delicious! 5lb roast was burnt to smitherings. Ketosis is whenever your body no longer can be using carbs as its fuel source but fat. I did not like this cookbook . Very disappointing cookbook. Not that which was advertised Was excited to get this...If you're thinking about doing KETO - DO IT!



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