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# THE COMPLETE KETOGENIC DIET FOR BEGINNERS

Your Essential Guide to  
Living the Keto Lifestyle

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Ketogenic Diet  
Cookbook*

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# The Complete Ketogenic Diet for Beginners: Your Essential Guide to Living the Keto Lifestyle



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It has it all! Before this publication, I must say I didn't fully understand just what a Ketogenic Diet plan was. seeds, meats, eggs, wild caught fish, nonstarchy vegetables, berries, avocados, full fats dairy, avocado oil, essential olive oil, butter, lard, bacon unwanted fat. This book is split into 3 parts: The Ketogenic Lifestyle, The 14-day Meal Plan, and the recipes. Diet outline, menus, dietary values, shopping lists & Chapter 1 defines it for me in 4 words, Low-Carb, High-Unwanted fat. 1-clean out your pantry. oils, and cuts out processed, chemically treated foods. It also tells you that whenever you start a Keto Diet, you'll most likely go through the Keto-Flu! Chapter 2 - Go Keto in 5 steps. The dietary plan promotes fresh whole foods and healthy fat & Eggs! No dates or peas, 2 of my favorites! 2-Move shopping and stock up on the fundamentals- water, espresso, tea, spices, herbs, non-sugar sweeteners, lemon & lime juice, mayo, mustard, pesto, sriracha, broths, pickled foods, nuts & recipes! 3-arranged up your kitchen with a food scale, food processor, spiralizer, hands mixer, and cast iron pan. 4- plan your meals, and 5 -exercise! I would love the writer to revise the food plan and recipe sections to limit each day to no more than 90 minutes in your kitchen including prepping foods like boiling eggs, frying bacon, or cooking chicken which aren't currently included in her recipes instances. I also thought I would miss sweets but I am using the reserve to create snacks with stevia items. Bonus!. This reserve was the smallest of the three cookbooks but conveniently probably the most useful. Ramos includes fundamental ketogenics info at the front of the book and strategies for eating away from home at the end. In between will be a lot of useful info. The book contains a two week menu for beginners. (Encounter it, there is a 90% chance you won't abide by it to the letter, but it helps set your thinking in the right direction. I am still not really convinced about this as a diet plan. You can find tips on the very best sweeteners (Swerve over Splenda), the oils you'll need, produce, canned and bottled products, pantry products, and meats. Something to consider as you complement is that some products, like almond and coconut flour are costly items to stock up on, but you will use considerably less than non-keto recipes use for regular flour. For example, Day One includes a one-hour baking task for breakfast, followed by deviled eggs with bacon and avocado as a mid-morning snack, accompanied by a cooked poultry lunch, then a smoothie mid-afternoon snack, and a leg of lamb dinner with a side. Simply know that there are some must-have staples like coconut oil and olive oil. The recipes themselves are divided into smoothies and breakfasts, appetizers and snacks, fish and poultry, meats, veggies and sides, desserts, and staples. Great keto book I am not used to keto and use this book frequently. This makes life a lot easier if you work with a phone or tablet app to keep an eating record. I find myself in your kitchen a lot more, but that's a good thing, specifically since I'm gaining more energy and stamina from the diet. Better to add it in afterwards because you can't take it out once it's prepared. My gut informs me it may not really be for me. The ingredients have become expensive - I spent \$130 shopping for just the initial three days of meals and that didn't include the leg of lamb, which I skipped. Since I'm eating a lot more salad this has been convenient to possess. net carbs, after that it gives you what page to get the recipe on, THEN it offers you a weekly grocery list! Nice I liked the book alright but it's hard to essentially understand what you should know to start your journey on keto..I've yet to locate a recipe that didn't turn out well, though my tastebuds such as a little more salt. Since I live by myself I've also invested in more plastic luggage and containers. The only bad turnout I had was my mistake, let's assume that coconut flour would be a replacement for almond flour. It won't. There's a wide selection of tastes to help you learn the right path through adapting the lifestyle to your tastes. Great guide Great guide for beginners, has lots of info, and well researched materials to assist you reach your goals. Buy Didn't do the diet I am still not convinced about this as a diet . We

have tried several recipes and they are great. nothing at all crazy to buy. Highly recommend! Information on keto diet great - recipes not so much The info in the first section was great, but the recipes were not as helpful as I had hoped. Recipes include items like homemade salad dressings and mayonnaise in an excellent keto balance. Also, as an operating mom, I'd consider the quantity of kitchen period as extreme. Do everything you are able. Again, that's just the first day time. Section 1 was great and I discovered a great deal about keto way of living and issues. Part 2, the 14 day food plan, not only offers you the food outline for the week for breakfast, snack, lunch, snack, and dinner, nonetheless it gives you the nutritional break down of calories, fat, proteins, carbs, fiber & Eat the Keto way easy Eat better the Keto way now. There are some chocolate quality recipes using cocoa powder and oils that help stifle any chocolate cravings. Every individual recipe gives a standard "keto quotient" (how close it fits the theory balance of fats, carbs, and protein) in addition to what each serving consists of in calories and the body fat, carbs, and protein for all those servings. The dishes are great and easy to prepare! GREAT INFORMATION great information, my husband is diabetic and this helps me feed him.. The oils often melt at just a little above area temperature therefore i put chocolate parts in luggage in the freezer and granola in the fridge in snack luggage. Easy read Easy to understand and good recipes ok need to have good foods to eat and non meals to consume. (lost 30lbs in under 3 months) This book is ideal for beginners This book is great for beginners! Great book for beginners When I made a decision to start ketogenics I purchased a general reserve plus three cookbooks..) For every individual week there is a purchasing list which, alone, can help you adjust your kitchen a lot. Though it is a fascinating concept. When I use one of the recipes I divide the finished product into the amount of servings, eat one and bag the rest for the freezer or fridge.



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