

Simply Keto

A PRACTICAL APPROACH TO HEALTH & WEIGHT LOSS
with 100+ easy low-carb recipes

SUZANNE RYAN
of Keto Karma



Suzanne Ryan

Simply Keto: A Practical Approach to Health & Weight Loss, with 100+ Easy Low-Carb Recipes



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In her quest to conquer her lifelong struggle with her weight, she discovered the ketogenic diet plan and decided to give it a shot. s lives, supporting them reduce weight and find rest from common health issues. t only a cookbook; The ketogenic diet plan, a low-carb, high-fat method of eating, is remarkably able to transforming people' In only twelve months, she lost more than 100 pounds and reclaimed control over her health insurance and well-being. Suzanne offers shared every detail of her transformation, from the very first days of beginning keto to her most recent successes, on her popular blog, Keto Karma, in addition to on her behalf YouTube channel and Instagram web page. Her first book, Merely Keto, isn' No-one knows this better than Suzanne Ryan. it's a portal into Suzanne' In this book, she shares everything you need to understand to get started and discover your own achievement. Inside, you'll find

- how she accomplished the incredible feat of losing almost 40 percent of her total body weight and developed a healthier and more balanced relationship with food.
- more than 100 easy recipes
- s lifestyle and dieting success—grocery shopping tips
- a structured 30-day food plan
- advice for beginning keto
- keto and weight loss FAQs
- guidance for living and thriving with the ketogenic lifestyle



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Suzanne opens herself up so that others can benefit from her failures and amazing successes!.. My kitchen Bible. I stayed up past due last night just absorbing all the information.! Keto information and exactly how to do it to get outcomes can be confusing with all the different resources.. One of the other aspects I like is is she makes it "actual" , fore example, in the food program she uses the remaining overs from the day before for the very next day. Her tale hit me just like a ton of bricks, I kept going thats me, yep, been there etc. I am looking forward to this weekend and making the "simple" yet delicious quality recipes! Breakfast, all quality recipes with page figures for breakfast only (with photos before you have to flip anywhere! Everything you need to know to be successful at Keto is in this publication! I spent a couple of hours, literally, going right through the testimonials for cookbooks here as well as googling them. Suzanne's recipes, blog page and Instagram (KetoKarma) are what influenced and helped we to lose a combined 179 pounds in a single year. She is therefore relatable, and her quality recipes are delicious. That is my favorite Keto book undoubtedly and one that I would recommend to all of my children and friends. Amazing for beginner/Intermediate keto I have been doing keto since Feb 2018. I bought a keto cookbook that was GREAT, but i acquired produced everything and I've been looking for something with more ideas. If you not merely want to understand about Keto, but be successful at it, you will want this reserve. Delicious food with very little ridiculous substances, plus detailed details on all the things you should know about The Keto diet plan! If a cookbook promotes using non- keto food, I crossesnit off my list.! Not merely is this a Over and above AMAZING publication for beginners, I feel as an intermediate experienced 'ketoer' I have learned so much. She has done a lot work, including wearing down what to buy at particular stores (Costco, Investor Joe's, Safeway, etc. On a whim I purchased it. I AM SO GLAD I DID SO!!! I had to take a break since it seemed the 'real' keto cookbooks which were reliable were few in number. The quick glance info in the back has been wonderful, her story is excellent, but honestly, the quality recipes are the greatest. Buy it and go through ASAP ? Simple and practical similar to the title says! Mexican, Chinese, Japanese, Indian, Italian, etc. It's practical, an easy task to cook from, and includes her story of healing. Every recipe is so easy to adhere to and that says a whole lot because I never step foot in your kitchen. Those people could not have been complete keto. If you're REALLY doing a keto WOE, than you'll possess most everything currently. Almond flour, HWC, ocean salt, salted butter, genuine olive oil, bacon are thingswe keep regularly stocked. Beautiful pictures and an easy task to do tasty recipes make this the only Keto publication you'll ever need! I wanted to try something new and I possibly could have very easily used a different kind. Ive produced about 25 of the recipes so far; all of them possess fir very easily into my daily macros.I needed to give it time to really observe how I felt on the subject of the book before reviewing it. Food is realistic, isn't likely to cause you to max out macros with one food and easy enough that I, an awful cook, was able to make people compliment my cooking! If you're searching for a brand-new cookbook I recommend that one. Read poor reviews with a grain of salt.Also! She gives you shopping list, recipes, a 30 day intend to get you started. Fantastic Addition to my Keto Cookbook Library I've been pursuing Suzanne's amazing personal journey on Keto Karma for a couple years right now and she actually is such an inspiration. I love that she's a mom and has really practical advice to provide out, but mostly I really like her pay-it-forwards attitude and kind heart.This book has wonderful content- it is so much more than a cookbook and would be a great starter guide for anybody not used to the keto diet. I am on a keto FB web page which cookbook was Strongly suggested.), and an easy "swap this for that" guide. My entire family members eats a keto diet plan and her quality recipes are both family members and affordable. Highly recommend! EASY COOKBOOK Especially for a Keto newbie! This cookbook has the most appealing and lowest net carb quality recipes. I go through reviews for this

reserve and it had several negative points so I skipped it. Fabulous. The books by Carolyn Ketchum are great, but do not supply the history details that Ryan and Vogels provide. There were lots of comments saying they were not really acquainted with items and had a need to buy 'extra' stuff.. It reduces every topic. This reserve gave me inspiration to stick with it. This reserve has made cooking fun!! She has a positive, engaging, relatable design. The book itself very informative, organized and my all time go to for recipes. And that's what she's done. until I began Keto. If in question whether to order this publication, I am telling you you won't be disappointed, it so well done!) same with lunch and dinner. VERY EASY TO NAVIGATE. And when there is a sauce or a side for a recipe that's needed and it's not under the main substances, she provides page number on where to find it so it's an easy task to flip to and from so that you can get back to cooking.. Very little chatter in the beginning either. It's a cookbook. LOVE that she's right to the point. A quick blurb about herself and gorgeous family and that's it. Suzanne Ryan provides scientifically sound and easy to digest information on ketogenic diets. The back is probably my favorite. Love love love this book. Wonderful. I pre-ordered this publication because I have followed Suzanne about Instagram and I was so thrilled to order her book. So many delicious recipes. MANY THANKS FOR HELPING ME ADHERE TO KETO *** Great info and recipes Great to read the stories of the trip to healthier way of living. Lots of good info So ideal for a beginner I love this reserve and found it especially helpful when our family was beginning keto. I adhere to Suzanne on IG and was excited to hear she was writing a book. This book uses dairy, but she provides options to reduce or make a recipe dairy free. We now supply the book as gifts to people asking about keto life. Will buy again Very educational simply keto worked great The smart way to do Keto! This is so excellent! What is SO AMAZING is she has laid it out therefore clear and "simple". Merely Keto indeed! I tend to read the 1-2 celebrity reviews first as a majority of the reviews are artificial. Ideal Keto cookbook for newbies and long-term keto dieters I ordered plenty of keto cookbooks when I was several weeks right into a keto diet, realized how satisfying and energizing the dietary plan is, and had a need to expand my array of recipes.! Give me dishes. AND EASY! In contrast, I found Leanne Vogel's "The Keto Diet" to be negative, neurotic, and less easy to digest/utilize. Best one I've run into up to now. Also, Ketchum's quality recipes have slightly higher net carbs. (Her dessert book is fascinating though). Dr. Will Cole does an excellent work of explaining ketogenic diet programs, like Ryan does, but his vegetarian focused dishes possess higher net carbs. Each one of these authors gives great quality recipes and provides their strong points, but also for all-around simple reading, quantity & quality of science-structured explanations of keto, and lowest carb dishes - "Just Keto" is the best. After reading through all the books, I bought three more copies of Suzanne Ryan's book for friends and family who are intrigued by my positive knowledge with keto. This is a Life Changer! She also provides guide what to order while consuming out- for each type of food. What is SO AMAZING is she's laid it out so clear and . I am forever grateful to her. The one thing I had to buy is usually a goat cheese. Great book Nice introduction to Keto diet.



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