

# The Ketogenic

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## The Ketogenic Cookbook



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We have created a variety of brand-new menus and innovative ways to keep the diet interesting. The ketogenic diet plan does not have to be bland. The ketogenic diet plan treatment should only end up being undertaken with the guidance of a physician, and the active path of a dietitian, both familiar with the ketogenic diet plan. This book is published to greatly help parents prepare more tasteful, imaginative recipes and menus for his or her child on the ketogenic diet. The dishes in this reserve are made to be used as part of the ketogenic diet treatment program. It can be very versatile and palatable.



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This book has gone out of print once and for all reason: it is OUTDATED!! I'm a big enthusiast of low carbohydrate eating, however the dishes in this book rely on having different butters and marinades and cream sauces prepared ahead of time. For someone with a full-time work, for whom food preparation is a chore rather than a hobby, the recipes are entirely too complex. Also, having to flip back and forth from a recipe to the directions for preparing a butter or sauce is actually annoying. Unless your appliances for the kitchen have names like "Viking" or "Sub-Zero" and you have plenty of storage space for prepared made sauces and the like, look elsewhere for a ketogenic cookbook. You have to work with your dietitian to have the amounts right however when you own it down that is a terrific way to "spice" up their foods. The Ketogenic Cookbook As a dietitian who works with kids on the Ketogenic Diet plan, I was delighted to finally see a cookbook with some imaginative options for meals. Each menu has at least one other option for the picky eater and includes menus for holidays and special occasions. Finally, when we started the dietary plan in 2002, there was hardly anything on market what could possibly be incorporated into the diet. I would recommend this reserve to anyone on the Ketogenic diet plan, but especially for older children or those on the diet over 6 months just looking for new options. Even for older children many recepies in this publication are not suitable because most children who begin the ketogenic diet are just too disabled and simply no able to eat many things for watever factors. The recepies in this reserve are suitable for older children, and several children starting the dietary plan are just over or even before a year outdated. I purchased this book at the hospital for a few bucks, but it did not even worth that. OUTDATED I have a child with epilepsy who was simply on the ketogenic diet for over 4 years. The publication also includes traveling tips/checklist, a listing of hotel chain phone numbers (to check on ahead on refrigerators), contact information for food companies and a seizure chart. Now, 8 years later you can find so many low carb products obtainable that the recepies in the book just mke no sence any longer. There are much better and convenient solutions in the marketplace. Too much work! A great idea getter Ok ... You get great ideas for holiday meals. After all not really eating on the dietary plan is as poor as cheating on the diet. so this cookbook could be a bit gourmet styled, it is still a life saver for all those of us which have done "the dietary plan" for years and need new ways to keep our kids eating. I personally did the butter quality recipes and they had been a big strike. I will be selling mine.



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