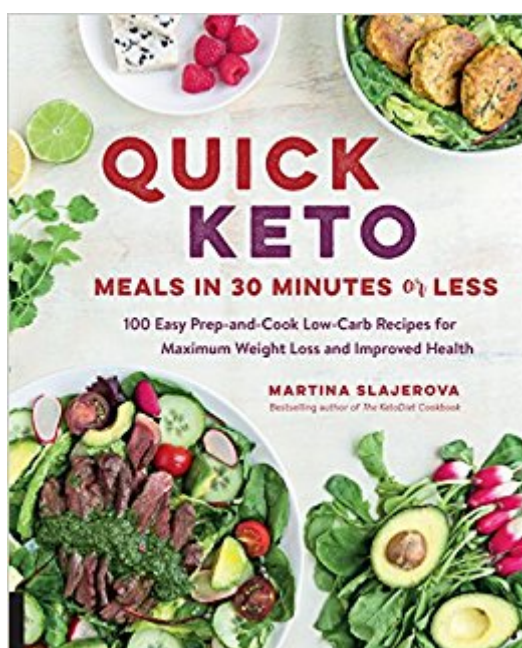


The book was found

Quick Keto Meals In 30 Minutes Or Less: 100 Easy Prep-and-Cook Low-Carb Recipes For Maximum Weight Loss And Improved Health



Synopsis

The keto diet is being regarded as the go-to eating plan for weight loss, to keep blood sugar stable, or simply staying healthy. However, adapting recipes to make them keto-friendly means adding cooking time, preparation, and hard-to-find ingredients. Things that aren't possible when you need to get a meal on the table after a busy day -- and even keto followers can't live on avocados and bacon alone. Keto Meals in 30 Minutes or Less presents you with 100 delicious recipes rich with healthy fats for breakfast, lunch, dinner, and even snacks that are quick, easy, varied, and delicious. Don't spend two hours making one meal! All of these ketosis recipes take a half hour to hit the table, can be made in large batches, or built into other dishes, like casseroles, slow cooker entrees, and more. Plus, all ingredients are easy to find, so there's no searching specialty stores.

Book Information

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Customer Reviews

Martina Slajerova (London, England) is the founder of the KetoDiet blog <https://ketodietapp.com> and the KetoDiet app. Brought to the diet after being diagnosed with Hashimoto's Disease in 2011, Martina, frustrated with the lack of practical resources, created the KetoDiet app/blog/e-book to help others live the Ketogenic lifestyle successfully. The author of The KetoDiet Cookbook, Sweet & Savory Fat Bombs, and Quick Keto Meals in 30 Minutes or Less, Martina creates recipes that not only focus on carbohydrate content but are also free from processed foods, unhealthy vegetable oils or artificial sweeteners. All of her recipes are grain-free, sugar-free and gluten-free and are

paleo-friendly or include paleo-friendly alternatives. Martina is a champion for those who want to follow a healthy low-carb lifestyle and feel great for life. ã ã

I have made a few recipes so far out of this book. I like it better than her first just plain Keto cookbook because the recipes are simpler to make. I do notice though that she is from England and it shows in the way she cooks. I am a US Southern cook so I would love to see someone from Texas write a Keto cookbook making some good ole TexMex. LOL.

Oh this is another great keto book from Martina Slajerova. Absolutely great cook book, easy to follow, realistic and the recipes are delicious!

This book really helped me get ready for doing the keto diet

Great education

IãfÂçÃ â ã ã,ve tried 7 different keto cookbooks and this one is by far my favorite. The book is written well and the photos are incredible! My favorite recipes were the salmon patties, green omelet wraps and chocolate cookies - easy to make and they taste delicious. Also every recipe comes with the meal macros, so itãfÂçÃ â ã ã,s easy to follow the keto diet. I would also recommend checking out Martinas blog for even more recipe ideas!

Great keto cookbook in a quick cooking form. The recipes have colorful photos for each, nutrition facts are on each recipe and the measurements are in both metric and US form. Cooking at home can be taxing in this busy world but this recipe collection makes the ketogenic diet doable. Martina's creations are awesome and this collection doesn't disappoint! Nice work !

Love this book! I tried two recipes right away and both were great. The Cauliflower with cheese recipe and the guacamole recipes were both great. I am looking forward to trying many more.

I preordered and was impatiently waiting for Martina's new cookbook. And I'm not at all disappointed. I never have time to cook and my local grocery store doesn't always have all the special keto ingredients required in many low carb cookbooks. This book is exactly what it says. The recipes are quick, simple yet innovative. What I love is that there is variety and it's not just

bacon, eggs and cheese. She includes loads of healthy low-carb veggies and healthy fats. I've already tried the Harissa chicken cups and the Moroccan couscous and even my picky non keto kids love them. Tonight I'll treat myself with the Raspberry cheesecake jars!

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