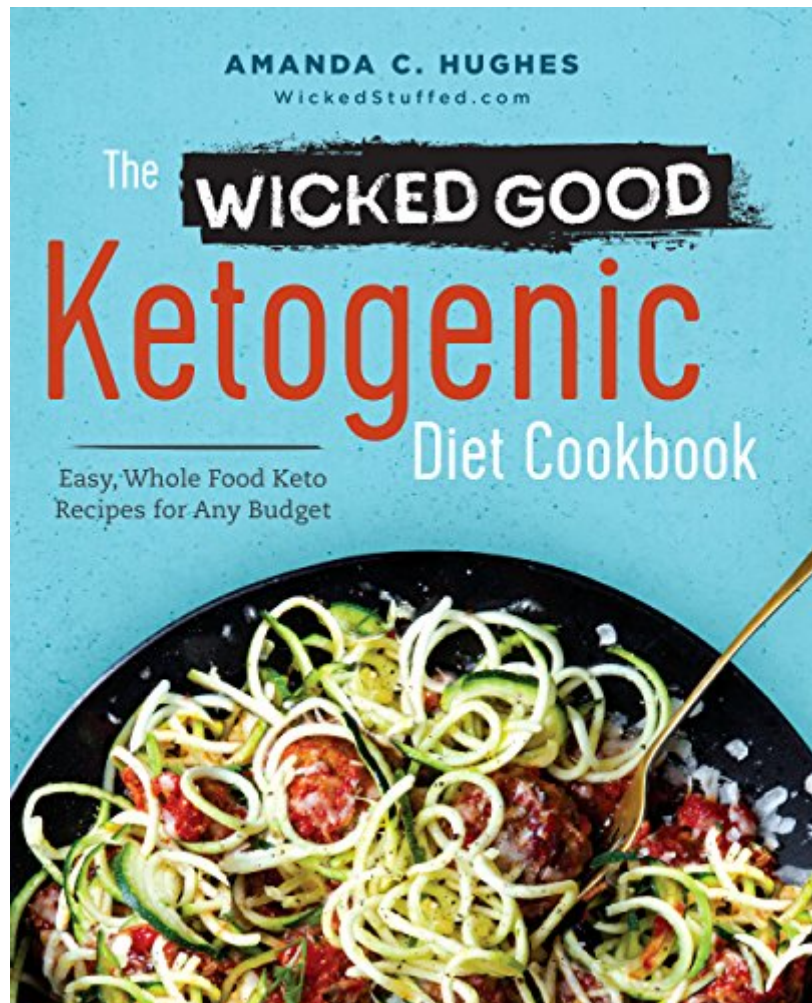


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# The Wicked Good Ketogenic Diet Cookbook: Easy, Whole Food Keto Recipes For Any Budget



## Synopsis

The ketogenic diet is a proven weight-loss method that is well known following a low-carb diet, high-fat nutritional method. For Amanda C. Hughes, the chef behind the popular food blog WickedStuffed.com, "eating keto" isn't a diet—it's a way of life. The ketogenic diet is an effective diet regime that is effective in producing healthy weight loss among its users, particularly those looking to lose up to 25 pounds or more. The ketogenic diet follows two simple principles: eat real food and stay in ketosis. Chef Amanda C. Hughes skeptically began testing the ketogenic diet nearly a decade ago to address her own weight-loss and stress-management challenges. Hughes began seeing results immediately and lost nearly 100 pounds in the first few years. Her personal success inspired her to bring the ketogenic diet to others who could benefit. Her unique approach to the ketogenic diet delivers more total health benefits than ever with recipes that offer the added benefit of using whole foods and still taste "wicked good"! The Wicked Good Ketogenic Cookbook is built on a tried-and-true system of: Choosing from over 175 easy low-carb, high-fat recipes that use clean, whole foods Understanding how ketosis affects the body, and how to stay in it Following a clear list of foods to enjoy and avoid, and a guide for selecting keto-friendly ingredients Stocking your kitchen with affordable, keep-it-keto foods with the help of a pricing key Swapping ketogenic recipes to "make it paleo" so paleo-conscious cooks never have to choose Discover the simple, clean recipes in The Wicked Good Ketogenic Cookbook and learn how thousands of Hughes' fans have already started cooking their way to a healthier life through the ketogenic diet—feeling full and satisfied all the meanwhile!

## Book Information

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## Customer Reviews

Never have I ever read a cookbook cover to cover the day I got it! Until today. The Wicked Good Ketogenic Diet cookbook offers low carb/keto friendly recipes and breaks them down into categories by breakfast, drinks and smoothies, snacks, sides, desserts and by protein. There is also a very user friendly introduction to the Keto lifestyle, with detail about Keto vs. Paleo, foods to try, and foods to avoid. I've been on and off on keto for about a year now and came across recipes in this that I hadn't heard of before. I love the way I feel eating this way, but plain chicken breast does get boring! It's not a diet- it's truly a new way of eating and I'm thrilled to have a cookbook that makes it easy to keep on track. One of the main points of keto is to stay between 25-50 carbs/ day- this cookbook supplies the macros for each meal! It makes it easy to track. The recipes are a mixture of high end (\$\$\$\$) and very accessible. I do wish there were more pictures, but the recipes themselves more than makes up for it. Going to try the Sriracha Citrus beef tonight! So happy I came across this book.

This is the BIBLE for the ketogenic diet and an amazing way to lose weight! The recipes are wonderful. Amanda has put together recipes that are easy to follow, beautifully displayed, and DELICIOUS as promised. The Chicken Parmesan and zoodles was wonderful (husband even loved it), the peanut butter fudge fat bomb is addicting, and the spice-orange spice mug cake is my new "go to" breakfast. Her tips on how to make the most of the ketogenic diet, including avoiding all the hidden sugar ingredients, is incredibly helpful, and she has included recipes to replace those ingredients! Ketchup, Dressings, marinades are excellent. In addition, she has included a 4 week meal plan that is easy to follow, with enough variety to make it a way of life....not just a diet. Highly recommend....and have lost steadily since beginning the journey.

Everything in this cookbook is useful, informational, entertaining, and delicious! By following Amanda's blog, I learned most of what I know today about Keto...and yes, the 60 pounds off my

frame says it works. This cookbook elevates everything to new heights. Who ever thought of taking savory eggs, adding cinnamon and cream cheese - it's literally a toastless French toast. The creative uses of Pork Rinds (instead of bread crumbs) never ceases to amaze. Many of her recipes now rotate thru my weekly meal cycle ... especially the Buffalo Chicken Meatloaf stuffed with Blue Cheese (I make it roll-a-tini style) and the slow cooker lemon rosemary chicken is absolutely worthy of company! (I generally won't share my meatloaf). But her Zoodle recipes really have changed the way my family eats. Vegetables aren't my strong suit, but using her recipes to replace our beloved noodles with zoodles has really raised the culinary bar in my house. For those of us with a sweet tooth, the combination of berries with sage makes my mouth very happy, and the Meyer Lemon Custard has become a weekly must have. Buy this book...for yourself, your friends, your family...you will not be disappointed.

I already own 4 Keto Diet books so wasn't expecting to be blown away by this one. I've been on the diet for 5 months and have lost 25 lbs. I have another 15 that I would like to lose but have been in a 'maintenance/holding' pattern for the last month or so. I needed inspiration and this book delivered! It contains recipes that I have never even imagined and can not wait to try! I also noticed that it contained ALL the information it took me a few books and websites to learn, but all in one place. As good as this book is, I don't know that I recommend it for beginners, but I definitely think every person seriously making this lifestyle change should own it! I love that it was full of humor and true stories. I also plan to follow her blog ([...]) . Even though "I received this product for free in exchange for my honest and unbiased review" (in Kindle version) I WILL be buying it in paperback too!

This cookbook is fantastic! I have fixed about 3/4's of the recipes so far. They are easy to follow, very clear instructions. The author gives a list of staple necessities but the majority if ingredients are what you would typically have in a Keto kitchen. Another thing I like is the recipe portion sizes. Many recipes are scaled to one serving, or when for more, are easily divided. My husband is tickled I have the cookbook because every meal is so good!

While I almost never follow recipes and I do not like cookbooks usually, I absolutely love this one. That is a huge surprise even to me. This author has a talent for blending new and comfort food flavors and using fresh and dried herbs and spices to balance acidity and creaminess. My professional Executive Chef husband and my picky children have liked every recipe I've tried. That never happens! They're not even sold on Keto usually! This week has been all about this book.

We've made Lemon Ricotta Pancakes, Spicy Pulled Pork Eggs Benedict, Earl Grey Hot Chocolate, Creamed Spinach, Artichokes and Red Pepper, Meatzza, Swedish Meatballs (sauce was SO amazing my kids licked their bowls when my back was turned), Spinach/ Havarti Stuffed Pork Loin, Maple Orange Spice Mug Cake. All really good and all from this book. It's like we're obsessed because the recipes are so good (watch cook times, my own oven takes far less time, otherwise a masterpiece. FYI). There is no other cookbook that I prefer, and that is the honest truth.

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