

KETOGENIC DIET

Learn a Revolutionary Way Of Improving Your Body and Your Health Eating Right

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Table of Contents

Disclaimer

Table of Contents

Special Gift For You

Introduction

Why you want to eat the ketogenic diet

Hurdles to Overcome

Chapter 1 Why Home-Cooked Meals are Healthier and Cheaper

Chapter 2 Define What's Ketogenic

Chapter 3 Prepare Your Kitchen to Cook Easy and Quick

Atmosphere

Utensils

Gadgets

Spices

Oils

Chapter 4 5 Ketogenic Recipes for Breakfast

Tex-Mex Waffle

Keto Pancakes

Mascarpone Cheese Hazelnut Muffins

Quiche

Chapter 5 5 Ketogenic Recipes for Lunch

Moroccan Meatballs

Stuffed Bell Peppers

Egg Salad

Tuna Bites

Beef Stew

Chapter 6 5 Ketogenic Recipes for Dinner

Beef Bake

Parmesan Pork Chops

Chicken Cordon Bleu

Lemon Snapper

Sausage Frittata

Conclusion

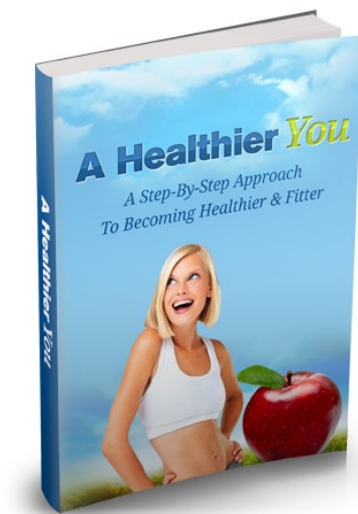
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Introduction

The ketogenic diet was formulated by doctors and specialists in nutrition who found that eating a diet that was low in carbohydrates, high in fats and contains adequate protein helped to fight epilepsy that was not well controlled with medicine. Many people mistakenly assume that a diet that is low in carbohydrates is naturally a ketogenic diet, but that is simply not the case. The protein and fats must also be kept in the right balance. How much of each is needed is dependent on the type of ketogenic diet, along with the person's lifestyle.

When there is the right amount of fats, protein and carbohydrates, then the body goes into a state where the body does not have enough glucose to burn for energy, so it starts burning special molecules known as ketones.

The advantage of burning ketones for energy over the body just burning fat for energy is that the brain gets the energy to work properly, which it does not get when the body burns fat alone. Not only does the brain benefit, but other parts of the body benefit too. In fact, the heart actually works best when it is burning one type of ketone for its energy. Additionally, ketones are found in the liver and burning them has been shown to improve liver health.

During the first week on the diet, as the body is entering the ketogenic state, dieters often report feeling light-headed, dizzy, weak and tired. They can also be more emotional and it seems that people can irritate them more easily. These conditions are usually easily treated and most people find that the symptoms last less than a week.

The main factor that determines if a diet is ketogenic is the amount of carbohydrates that are consumed. For most individuals who are moderately active, the net carbohydrates consumed during the day should be less than 50 grams per day. Those who are extremely active, like athletes, may eat up to 100 grams of carbohydrates per day, while those who get little exercise, especially diabetics, need to consume less than 30 grams of carbohydrates.

In order to be sure that a person is eating the correct diet for their individual metabolism and lifestyle, it is necessary to measure the ketone level in the blood. This level should be between 3 mmol/L and 5 mmol/L. The most reliable way to determine this level is to use a blood test, although this can be very expensive. Therefore, those who are interested in their ketone levels often use a home urine test, although it is not as reliable. Still others, especially those without compounding medical problems, just eat the diet without worrying about this scientific measurement.

Just eating a low-carbohydrate diet, however, is not enough to be on a ketogenic diet. In the early stages of the diet, many people find that eliminating carbohydrates is enough to put their body into a ketogenic state. Many people find that over a period of time, they must also limit the amount of protein that they consume to stay in a ketogenic state. The reason is that the body starts to use the protein as energy, in a process known as gluconeogenesis, instead of entering or staying in a ketogenic state.

The other factor that a dieter needs to be very conscious of is the amount of fat that they are eating. On the ketogenic diet, between 60 and 80 percent of the calories come from fat. Therefore, the dieter needs to be sure that they are consuming a diet high in medium-chain triglycerides, such as coconut oil, olive oil, avocado oil. It is also recommended that dieters eat butter from grass-fed cows and lots of cheese. Dieters should be careful to avoid polyunsaturated fats like soy, safflower, corn and cottonseed.

One of the primary reasons for avoiding these fats on this diet is that they have been known to cause inflammation.

Why you want to eat the ketogenic diet

There are many people who can benefit from eating the ketogenic diet. In fact, according to an article published in the June 2013 issue of the European Journal of Clinical Nutrition the main audience for this diet are still those with epilepsy. Since this diet must be very carefully controlled, this ebook will not focus on this part of the diet, although many of the same principles apply.

A second group that can benefit from the ketogenic diet are those individuals who are overweight, as the foods that are consumed on this diet are usually very low calorie. People who have Type 2 Diabetes also often find their condition improves, because the diet avoids almost all sugar. Those diabetics who are insulin dependent should not start this diet without consulting their doctors, because eating the diet without carefully controlling the body's insulin levels can result in diabetic ketoacidosis that has been known to be fatal.

Research also suggests that those individuals who have a higher cardiovascular risk factor because of arterial plaque may benefit from this diet. Additional research needs to be done, but early findings suggest that people with brain cancer can benefit from this diet. Finally, many athletes find that their performance improves slightly after they have been on the diet for 12 weeks.

The ketogenic diet can produce amazing results. The great news for many dieters is

that because of its high fat content, people seldom feel hungry. The foods eaten over the course of a day must be balanced, so that they are high in fat, have adequate protein, and are extremely low in carbohydrates. Eating a balanced diet ensures that the body stays in a ketogenic state where it is burning ketones as opposed to fat or protein. While some people measure the ketone level in the blood, others skip this step and eat the right foods assuming that they are going into the ketogenic state.

Hurdles to Overcome

As already mentioned, the first week on the ketogenic diet can be very rough. As the body is going into the state where it is burning ketones for energy a person can feel weak, dizzy, lightheaded, and miserable. Some dieters report that these conditions continue into the second week. While some who demand top performance out of their bodies like professional athletes report not feeling absolutely right on the diet for up to 12 weeks. Eventually, however, the body does adjust to this state.

Many people have unrealistic expectations while on this diet. Many people find that they drop the weight very quickly in the beginning and then hit a plateau. They then find it difficult to stay dedicated to the diet to see their way through the plateau. Those who do find that they can lose more weight, but not at the speed that they did at the beginning of the diet which makes it difficult for some to want to continue. Many people find that it is necessary to control the amount of protein to help them stop the plateau. For some dieters, this can cause the diet to be very restrictive.

Unlike many diets, the ketogenic diet requires careful balancing to make sure that the body keeps burning ketones. If a person eats too much protein, however, the body will not stay in the correct state. Likewise, if a person eats too much carbohydrates, the

body breaks its ketone state. Therefore, it is vital that the diet be balanced every day, because once the state is broken, it can take up to two weeks to return to the correct state.

Many people who are used to eating a low-fat diet already find that eating the amount of fat required on this diet is difficult. Fat makes the body feel full. Therefore, people find it difficult to eat enough calories to keep the body from starving which actually puts weight on.

This diet can become life consuming. Keeping everything in balance requires that a person eats the right foods all the time. Therefore, some dieters find it difficult to keep up with other elements of their life, because so much of the focus is on the foods that they eat.

This diet can be very difficult for people who want to eat with other people. Moms often find that they must prepare more than one meal to satisfy their families and also stay on the diet. While this can take a real commitment, it is important to realize that while it does take a real commitment, the family will be proud of you. When meals are prepared with children, this diet also provides a great way to teach children about the nutrients in their food and the importance of eating a healthy diet.

The ketogenic diet can be difficult to maintain. Yet, the results can be amazing with dieters often reporting additional weight loss where other diets have failed. Before starting the diet, it is important to consider if you are willing to make the commitment to stay on the diet. If you are willing to make the commitment, then remember that the first week or two can be rough, so keep going knowing that it will get better.

Chapter 1 Why Home-Cooked Meals are Healthier and Cheaper

Meals cooked at home are cheaper to prepare than meals brought out. That is great news for people on the ketogenic diet, because most meals will need to be cooked at home to make sure that they stay balanced. The great news is that since this diet relies on a high-fat diet, those foods are usually even cheaper than many other supposedly healthy foods.

Stop for a minute and think about the amount of time that you tie up when you are eating out. While it may seem faster to just stop and grab something, research shows that is simply not the truth. Think about the time that it takes to decide where you want to eat, get dressed to go to the restaurant, and drive there. If everyone has the same idea, then the wait in line can be almost unbearable. After finally being seated, you have to wait for the server to take your order, wait for the chef to prepare it, and wait again for the server to bring it. Once the meal is done, then you have to wait for the server to bring the ticket, and drive home. Instead of wasting all this time, most people can easily prepare a three or four course meal at home and still have time left over.

Restaurants must control their costs very carefully. The industry is very competitive and each penny must squeak for the restaurant to stay in business. Therefore, the restaurant often must serve a lower-quality food that still tastes great. One way that many restaurants do this is using the wrong types of fat to prepare their foods. People who choose to prepare their foods at home, on the other hand, find that they can use higher quality foods to prepare better tasting meals. The reason is that a restaurant

must pay labor costs, while the home cook has no labor costs.

If you have ever gone out to a meal that you know you will love, and been disappointed, the culprit is usually in the seasonings used. For example, restaurants often use far too much salt to prepare food, as opposed to using other spices. Everyone likes a slightly different taste. When preparing food at home, cooks can add their own spices which allows them to create just the taste that they want in the dish. While herbs and spices can seem expensive to buy to begin with, they have an incredible shelf life and cost just a fraction of a penny to add wonderful flavor to food.

Every month there are cases of food poisoning coming from a restaurant. That is because restaurants often rely on employees that are not highly paid. Therefore, they do not care if they keep everything spotless. When preparing food at home, it is easy to control the cleanliness in your own kitchen. For example, it is easy to use separate cutting boards to prepare raw and cooked foods. It is also easy at home to use different utensils to work with meat, than fruits and vegetables which dieticians say is one of the main secrets to stopping cross-contamination. These simple steps are often not taken in restaurants.

The ketogenic diet requires careful balancing that can be very hard to achieve when eating out. That does not necessarily mean, however, that the cook must create all foods from scratch. There are premade foods that the cook can use to make their lives easier, while keeping the diet in balance.

Cooks have complete control over what they are feeding their families. This allows them to choose to avoid foods that are filled with chemicals. For example, in the United States, the Environmental Protection Agency is in charge of what farmers can use to

control insects and other pests. They have approved over 800 chemicals that may cause cancer. Cooks can choose to avoid these ingredients by carefully reading product labels. Therefore, not only will the person feel better because they are eating a healthier diet, but they will also not be feeding their bodies cancer causing chemicals.

For many people, however, the best part of preparing meals at home is that the family that eats together usually stays together. When children are taught this expectation from a young age, they often pass it on to their own children as adults. Research shows that children who are raised in homes where everyone eats together usually have less delinquency and have higher grades. These children are also more apt to graduate from college and be successful in their chosen careers.

Chapter 2 Define What's Ketogenic

The ketogenic diet today is defined in many different ways. Therefore, it is important for the dieter to understand what eating a ketogenic diet means in their own lives. There are several different types of ketogenic diets. Understanding the different types allows you to follow the one that meets your needs the best.

The standard ketogenic diet is a good choice for the vast majority of people. The main emphasis on this diet is to eat between 30 and 50 net carbohydrates each day. The more active a person is, the more carbohydrates that they can eat. People who have tried the popular Adkin's diet have already been on this diet, because it is the induction phase. It is recommended that a person eat between 115 and 175 grams of protein each day. It is recommended that you eat 115 grams of cheese each day, but remember that you need to keep your net carbs under 50. It is very important that 12 to 15 grams of your net carbs come from vegetables. Different vegetables have a different amount of net carbs, so you will need to check each one. You should avoid salad dressings that contain sugar. Therefore, a great alternative is to make your own.

The second type of ketogenic diet is the targeted ketogenic diet. When a person chooses to follow this diet, they need to consume easily digestible carbs with a high glycemic index within 60 minutes of exercising. Most people eating this diet are encouraged to eat between 25 and 50 net carbs each day. Right after exercising, the person then needs to eat 30 grams of protein. This is seen as particularly important because it helps to repair muscles that are injured during exercise.

Many experts are now seeing the targeted ketogenic diet as outdated. The newest thinking says that people do not need the additional carbs to perform better. These experts still suggest that carbs be eaten before exercising and protein eaten after exercising.

The third type of ketogenic diet is the cyclic ketogenic diet. This diet requires that people rotate between eating a low carbohydrate diet and a high carbohydrate diet. On the low carb days, it is recommended that people eat under 50 carbs on low carb days, but eat between 450 and 600 net carbs on high carb days. This form of the ketogenic diet is very popular with weightlifters and body builders because it maximizes fat loss and encourages the body to build lean mass. This diet must be carefully controlled by a dietician and should never be used just to have high carb meals several times a week.

The restricted ketogenic diet is suggested for those who have cancer. As published in the April 2010 issue by the National Institutes of Health, researchers found that people who have certain types of cancer, particularly pancreatic cancer, can use the ketogenic diet to starve cancer cells in the body. Therefore, the cells die. This diet should only be done under a doctor's care. It starts with a three to five-day water-only fast. The diet should then cause the blood sugar to drop to 55-65 mg/dL while the net carbs eaten daily are under 20.

Note that all these diets rely on the same basic concept of getting carbohydrates down, stopping insulin production, which puts your body into fat-release-fat-burn mode. It is highly recommended that you not start an exercise program at the same time that you are starting this diet, because your body will not have the energy needed.

There are many foods that people can eat all they want daily. In fact, as already pointed out, it is vital that the person consumes many calories each day or the diet will not work. Meats included on this diet include all types of beef, chicken, ducks, fish except mussels, lamb, pork, shrimp, crab, and lobster. Many types of greens are also encouraged including lettuce, spinach, mustard green, Dieters can also eat all the celery and most cheeses that they want. Dieters can also consume a variety of beverages on this diet in moderation, as long as they contain no sugar. Favorites include tea, coffee, and heavy cream. It is best to check the carbohydrates in vegetables before eating them. Radishes, spinach, lettuce, bok choy and mushrooms all have less than one net carb gram. Avocados are one of the best fruits with just one-half carb gram for the entire thing. One-fourth cup of strawberries contains only 1.3 carb grams.

While most dieters who on the ketogenic diet will want to get an extensive carbohydrate chart, there is actually a relatively simple way to tell if you get caught without your list. If the vegetable is a leaf, it contains almost no carbohydrates. If the vegetable grows as a stem or flower, then it is usually very low in carbohydrates. If the vegetables contain seeds, then it is usually moderate in carbohydrates. If the vegetable grows as a root, then it should be avoided.

There are many different styles of ketogenic diets. They all rely on the same basic fact that a person needs to eat an extremely low carbohydrate diet, an adequate amount of protein and a large amount of healthy fats. Make sure to stay balanced over the course of a week to make sure that you stay in the right state where the body is burning ketones for energy.

Chapter 3 Prepare Your Kitchen to Cook Easy and Quick

Starting out fresh is a great way to start the ketogenic diet. Of course, how fresh you can start depends on whether you live in an apartment or house that you own, along with your budget. If possible, however, creating a new kitchen space can be a great way to start this new diet and make it more difficult to quit.

Atmosphere

Even if you cannot create an entirely new space, there are steps that you can take to make the kitchen atmosphere more friendly. Start by cleaning out the old. If you cannot bear to throw things away, then consider giving them to friends. Your friends are likely to be very thankful for your donations, and with the items gone, you will be less tempted to return to eating the wrong things.

Since the ketogenic diet requires that you eat a balanced meal plan every day, you will need to plan your meals ahead of time. That means that you need to create a place where you can create your meal plans, along with a place where you can easily access the recipes that you will be using. Therefore, try to build a computer workspace into your kitchen. While this may be easy, keep in mind that you need to keep your laptop and printer free from food to ensure that they keep operating properly.

Since you may be spending a lot more time in the kitchen, it is important that you create a space where your friends and family can gather. This will keep you from feeling

isolated and hating the diet, because of the emotional impact. If possible, install a bar in the middle of the kitchen where everyone can gather or a table in a corner where friends will gather.

Since this diet is high in fat, many cooks find the meals messier to prepare. Therefore, it is important to create an atmosphere that is easy to clean. Usually tile floors are far easier to maintain in the kitchen, than carpet, as they can be mopped to remove grease splatters.

If you do not currently have a steam hood over your stove, then now may be the perfect time to install one. Since you will be using lots of fat to prepare your foods, these hoods help to remove smells from the home. Additionally, starting this diet may be the perfect time to upgrade your kitchen counters so that they are more functional.

Utensils

Buying new utensils is a great way to start eating this diet. While not mandatory, you need several basic utensils. Using color-coded utensils are fun and also helps to eliminate any confusion that could potentially cause food contamination.

You will need at least four cutting boards. You will need two boards for fruits and vegetables and two boards for meats, as it is never safe to use the same boards for both. In each case, you will need one board for raw foods and one food for cooked foods. Again, this is to stop any potential cross-contamination.

If you are keeping the same cooking utensils, now is a great time to inspect them carefully. Get rid of any that are showing signs of wear. The reason is quite simple. If they are scratched, bacteria can hide in those scratches and make you sick. Incidentally, the same goes for pans. This is especially true of pans that have Teflon coating. Scientists know that as the Teflon flakes off, it can enter your food. They believe that when enough of this Teflon flakes off it can cause cancer in your body.

It may be time to buy new pots and pans. If it is, then look at the many new options in non-stick cookware. Contrary to what many people believe, foods that are high in fat often stick very badly. Therefore, you will need great pans. Look for options that allow for even heating and that have heavy bottoms. Some of the best options on the market are those that have a bottom layer, then a layer of aluminum, followed by a top layer. Look for those options where the non-stick surface is made directly into the top layer, because then it will not flake off. Additionally, having the layer of aluminum in the middle helps ensure that the pan heats evenly so that your food cooks evenly.

You will need a variety of different size pans, especially skillets. You will want your food to come out looking beautiful and crowding it together in the pan does not allow this to happen. In fact, when you put food in the pan, you want a little air space around each piece of food so that it can cook evenly. Furthermore, this helps to ensure that the food does not stick to the pan.

Gadgets

The ketogenic diet does not require many special gadgets. One thing that many cooks find useful is a slow cooker, because it allows the cook to have meals ready when they get home from work. Additionally, food can be put in the slow cooker at night and cooks while you are sleeping ensuring that food is ready for a healthy breakfast in the morning. The new options that contain more than one pot are wonderful, because they

allow the cook to prepare more than one food at a time. Additionally, look at the options that have easy to carry handles and a locking lid, because they are wonderful for taking your ketogenic diet foods to parties and get-togethers with you. Finally, consider a small option that allows you to prepare food at work if possible.

Additionally, many cooks find a pressure cooker a great addition to their kitchens if they do not currently have one. While you may discover that you want to can some of your creations to eat on a different day, pressure cookers also help to cut cooking time down on many foods. Therefore, the food is prepared faster and for cooks with a family, they will not hear is it ready yet as often.

Spices

One of the advantages of preparing food at home is that you can use spices to fix foods the way that you want them to taste. Therefore, it is a great idea to have many options on hand. If you have not been doing much cooking at home, then go through your spices and get rid of those that are beyond their expiration date. For the most part, spices only last six months. Now, take the remaining spices and open the containers. If they do not have a good aroma, then it is time to toss these as well. Finally, take a look at the color of the spice. Spices usually turn darker right before they start to turn bad.

Spices can be very expensive to buy. Therefore, think about the ones that you are most likely to use. These are the ones that you will want to buy in bulk. Often you can find great spices in bulk at natural food stores or online. For other spices that you want to try or will probably not use very often, buy them in smaller amounts. All spices retain their freshness better when stored in a dark cool environment.

Do not overlook the possibility of growing your own herbs and spices. Usually, they are very easy to grow and when grown in the kitchen provide extra oxygen for the environment. Of course, growing your own herbs and spices is a great way to save money.

Think about the type of cuisine that you like to eat and buy your spices accordingly. For example, if you love Tex-Mex and Mexican cuisine, then stock up on coriander, chili powder, cayenne pepper, and cumin. Alternatively, if you prefer to dine on romantic Italian food, then stock up on fennel and red pepper flakes. If you prefer to dine on Asian and Chinese cuisine, then consider buying star anise, curry powder, cumin, five-spice powder, garman masalla and cardamom in bulk.

Once on the diet, you may discover that you do more baking than you ever thought possible. If this is the case, then stock up on ginger, cloves, nutmeg, cream of tartar and cinnamon.

Oils

While you are cleaning out the spice cabinet, it is a wonderful time to clean out your supply of oils too. With around 70 percent of the calories in this diet coming from fats, it is especially essential that they be the right ones. Eliminate the polyunsaturated fats from your cabinet. These include cottonseed oil, safflower oil, corn oil, and soy oil. Instead, replace them with healthy fats like butter from grass-fed cows, avocado oil, coconut oil and olive oil. These oils are medium-chain triglycerides and are handled by the body much better.

One thing that many people need to limit on the ketogenic diet is mayonnaise. For those

who love their mayonnaise, there is an easy way to make a great alternative at home with less than .1 net carbs. Just combine 3/4 cup of your favorite oil, with the yolk from one egg. Then, stir in one tablespoon apple cider vinegar, one teaspoon Dijon mustard, one tablespoon lemon juice and one-fourth teaspoon salt.

Ketchup is also very high in sugar. For those who love ketchup, it is easy to make an alternative at home. In a blender, combine 12 ounces of tomato paste, four tablespoons of white vinegar, 1 tablespoon of Dijon mustard, one-fourth cup of water, one teaspoon of salt, one teaspoon of garlic powder, and one packet of Stevia. This tastes best if it is allowed to sit in the refrigerator overnight.

While dieters will want to avoid eating regular barbeque sauce, it is easy to make an alternative at home. Start by frying six pieces of bacon and mince an onion. Chop the bacon and stir in the onion. Then add six ounces of tomato paste, one teaspoon garlic powder, 24 ounces of diet cola, one cup of the ketchup that you made, two tablespoons of Worcestershire sauce, six tablespoons of Dijon mustard and one-fourth teaspoon ground cloves. You can also add vinegar to adjust the recipe to your own liking.

Creating a new kitchen environment is a great way to start the ketogenic diet. Starting with a new environment is great assuming that is feasible, as it will encourage you to stay on your diet. Even if completely remodeling the kitchen is not feasible, then create a workspace where you can create your balanced meal plans. Incorporating new cutting boards and utensils can serve as an easy reminder that you have started a new lifestyle. Go through your spice cabinet and get rid of those that are beyond their prime adding those you will use most often. Eliminate the wrong oils and replace them with medium-chain triglycerides that you need to be successful on this diet.

Chapter 4 5 Ketogenic Recipes for Breakfast

While it is important to eat a diet that has adequate protein and high fat on the ketogenic diet, where many people have trouble is in keeping their carbohydrates low enough. Therefore, these recipes are all low carbs.

Tex-Mex Waffle

Ingredients:

1 oz. Cheddar Cheese

1 tbsp. Coconut Flour

1 tsp. Baking Powder

1 tsp. Psyllium Husk Powder

1/8 teaspoon pepper

1/8 teaspoon salt

3 large Eggs

3 oz. cream cheese

1 small jalapeno

Instructions:

1. Combine all ingredients in a blender, except cream cheese and jalapeno.
2. Cut the stem off the jalapeno and add it to the mixture.
3. Add the cream cheese.
4. Use the blender to chop and mix the mixture until well blended.
5. Pour onto waffle maker. Close lid and let cook until it stops steaming. It will cook for about five minutes.

3 grams net carbs

Keto Pancakes

Ingredients:

1-teaspoon cinnamon

2 packets Stevia

2 tablespoons coconut flour

4 eggs

4 ounces cream cheese

1-tablespoon coconut oil

Instructions:

1.Combine all ingredients in blender except coconut oil. Blend until smooth.

2. Heat coconut oil in skillet until hot over medium heat.

3. Pour mixture into skillet to make two pancakes.

4. Fry three-quarters through and then flip over. Cook the rest of the way.

3 net carbs for two pancakes

Popper Omelet

Ingredients

1 tablespoon butter

2 eggs

2 ounces cream cheese .

1 jalapeno

1/8 teaspoon salt

1/8 teaspoon pepper

Instructions

1.Seed jalapeno and dice into small pieces.

2. Combine jalapeno and remaining ingredients except butter. Stir until well combined.
 3. Heat butter in skillet over medium heat.
 4. Pour mixture into skillet. Once mixture can be folded in half, do so and flip over.
 5. Cook until eggs are solid and turning slightly brown.
- 3 net carbs

Mascarpone Cheese Hazelnut Muffins

Ingredients

- 4 eggs
- 1 tablespoon sugar free Hazelnut syrup
- 2 packets Stevia
- 6 ounces mascarpone cheese
- 1/8 teaspoon cinnamon
- 2 tablespoons chopped hazelnuts

Instructions:

1. Preheat oven to 350 degrees.

2. Combine syrup, Stevia and mascarpone cheese in blender. Blend until smooth.
3. Pour mixture into 6-hole silicone muffin tin.
4. Sprinkle cinnamon over muffins.
5. Bake for 25 minutes.
6. Remove from oven and let cool on wire rack.
7. Once cool, place in refrigerator for four hours or overnight.
8. Sprinkle with hazelnuts and serve.

3 net carbs

Quiche

Ingredients:

5 egg yolks

7 eggs

1 cup half-and-half cream

1 cup heavy whipping cream

1 cup shredded Mozzarella Cheese

3/4 cup shredded sharp cheddar cheese

1/2 cup shredded Swiss cheese

2 tablespoons finely chopped oil-packed sun-dried tomatoes

1 1/2 teaspoons salt-free seasoning blend

1/4 teaspoon dried basil

Instructions:

1. Preheat oven to 350 degrees.
2. In a large bowl, separate the egg yolks reserving the whites for another purpose.
3. Add the eggs, half and half, and whipping cream. Stir until well combined.
4. Add one-half cup cheddar cheese and the remaining cheeses. Blend until well combined.
5. Add the tomatoes, seasoning blend and basil. Blend again.
6. Grease a 9-inch deep dish pie plate.
7. Sprinkle remaining cheddar cheese on top.
8. Bake for 45 minutes. A knife inserted in the middle should come out clean.
9. Let stand for 10 minutes and cut into eight pieces.

5 net carb grams

Chapter 5 5 Ketogenic Recipes for Lunch

Eating a low-carb lunch does not have to be a ho-hum affair. Try these wonderful recipes and you will not ever want to go back.

Moroccan Meatballs

Ingredients:

- 2 pounds ground chuck
- 2 eggs
- 1/2 cup almond flour
- 1 tablespoon ground cumin
- 1 tablespoon Harissa Spice Blend
- 1 teaspoon garlic powder
- 1 teaspoon Kosher salt
- 1 teaspoon onion powder
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon cayenne pepper
- 1 1/2 teaspoon ground cinnamon
- 3 tablespoon chopped fresh cilantro

For the sauce:

- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1/2 cup chopped onion

1 clove garlic, minced
3 tablespoons finely chopped bell pepper
1 1/2 cup chopped raw tomatoes
1/4 cup white vinegar
1 tablespoon ground ginger
1 tablespoon Harissa Spice Blend
1 teaspoon ground cinnamon
1 teaspoon ground coriander
1 teaspoon salt
1/4 teaspoon cayenne pepper
1/4 teaspoon ground allspice
1/4 teaspoon ground cloves
3 tablespoons sweetener

Instructions:

1. Preheat oven to 400 degrees.
 2. Combine the meat, egg, and flour in a large mixing bowl.
 3. Combine the remaining ingredients in a small bowl.
 4. Stir the spice mixture into the meat mixture.
 5. Form into 18 meatballs about two inches in diameter.
 6. Line a baking sheet with parchment paper.
 7. Place meatballs on baking sheet.
 8. Bake for 20 minutes.
 9. Meanwhile, heat the oil in a medium saucepan.
 10. Add the garlic, onions and peppers.
 12. Cook until the onions are starting to brown which will take about five minutes.
 13. Add the tomatoes, vinegar and all the spices stirring to combine.
 14. Once the meatballs have cooked, add them to the sauce.
 15. Transfer the mixture to a slow cooker and cook on low about four hours.
- 4.6 net carbs

Stuffed Bell Peppers

Ingredients

1 medium yellow onion
2 cloves garlic
1 teaspoon olive oil
1 pound ground beef
1 tablespoon ground cumin
1/2 smoked paprika
1/2 teaspoon salt
1/8 teaspoon pepper
2 teaspoons dried parsley
14.5 ounces canned diced tomatoes
4 ounces canned diced jalapenos
2 ounces sliced black olives
3 large bell peppers
Cooking spray

Instructions:

1. Preheat oven to 350 degrees.
2. Lightly spray a 9 by 13-inch glass baking dish.
3. Heat olive oil in skillet over medium heat. Add onions and garlic. Cook onions until translucent.
4. Crumble and add the ground beef.
5. In a small bowl, combine the cumin, paprika, salt, pepper and dried parsley. Add to the ground beef mixture.
6. Continue cooking until no pink remains in the meat.
7. Add the tomatoes, jalapenos, and half the olives. Cook until warm.

8. Cut the peppers in half and remove the seeds.
 9. Spoon the meat mixture into the pepper halves.
 10. Add remaining olives.
 11. Cook until hot about 30 minutes.
- 6 grams net carbs

Egg Salad

Ingredients:

- 6 eggs
- 2 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 slices bacon
- 1 lettuce wrap

Instructions:

1. Place the eggs gently in a medium saucepan.
2. Add cold water until the eggs are covered by about an inch.
3. Bring to a boil for ten minutes.
4. Remove from heat and cool.
5. Peel eggs.
6. Chop eggs into very small pieces.
- 7.. Stir in the mustard, mayonnaise, mustard, salt, lemon juice and pepper.
8. Fry the bacon.
9. Lay the lettuce leave on a serving plate.
10. Stand bacon strips on edge using leave to hold upright.

11. Insert egg salad in middle of egg.
- 6 grams net carbs

Tuna Bites

Ingredients:

6 ounces canned tuna in oil
2 ounces Gouda cheese
1/2 cup spinach
3 tablespoons chopped onion
1/4 teaspoon garlic salt
1/8 teaspoon ground ginger
1/8 teaspoon chili pepper flakes
1/8 teaspoon dried cilantro
1 medium egg
2 teaspoons olive oil
Cooking spray

Instructions:

1. Preheat oven to 350 degrees.
2. Heat the olive oil in a skillet until hot over medium heat.
2. Dice the onion and add to the oil. Cook until onion is just starting to turn transparent.
3. Add the spices. Cook until onion is transparent. Remove from heat.
4. Shred the cheese.
5. Combine all ingredients in a medium mixing bowl. Stir to combine well.
6. Spray a cookie sheet.
7. Using a tablespoon, divide the mixture into 12 equal parts and place on cookie sheet.
8. Bake for 10 minutes. Flip cakes over and cook another 10 minutes until tuna cakes

are starting to brown.

2.6 grams net carb

Beef Stew

Ingredients:

1 red onion
1/2 butternut squash
1/2 summer squash
3 cups mushrooms
1 cup green beans
3 stalks medium celery
3 medium mushrooms
1 pound stew beef
1 teaspoon garlic powder
3 cubes beef bouillon
4 cups water
1/2 can tomato paste
2 tablespoons olive oil
1 teaspoon Italian herb blend

Instructions:

1. Slice red onion.
2. Cut squash into cubes to make two cups of each.
3. Dice mushrooms.
4. Break ends off green beans. Break larger beans in half.
5. Dice celery
6. Place olive oil in a skillet and let get hot over medium heat.

7. Brown meat in hot oil.
 8. Combine all ingredients in slow cooker.
 9. Cook on high for four hours.
- 5 grams net carbs

Chapter 6 5 Ketogenic Recipes for Dinner

Beef Bake

Ingredients:

1-pound ground beef
5 large eggs
1 cup frozen spinach
1 red bell pepper
1/8 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon Worcestershire
1/4 teaspoon oregano
1/4 teaspoon dried parsley flakes
1/4 teaspoon chili pepper
4 ounces shredded cheddar cheese
Cooking spray

Instructions:

1. Preheat oven to 350 degrees.
2. Coat a 9 by 13 baking dish with cooking spray. Set to the side.
3. Brown ground beef in skillet over medium heat. Drain well.
4. Chop the red pepper and add to the beef.
5. Drain and chop the spinach. Add to the beef mixture.
6. Add all the spices and cook for one more minute.
7. Pour the beef mixture into the prepared baking dish. Spread until it is even.
8. Sprinkle shredded cheese over beef mixture evenly.

9. In a separate bowl, scramble eggs and pour over mixture.
10. Bake for 17 minutes.
11. Let sit 5 minutes and enjoy.

6.5 net carbs

Parmesan Pork Chops

Ingredients:

1/4 cup Dijon mustard
2 tablespoons olive oil
1/4 teaspoon leaves dried basil
1/4 teaspoon garlic powder
1/4 teaspoon dried oregano
1/4 teaspoon thyme
1/8 teaspoon black pepper
3/4 cup parmesan cheese
2 pounds pork chops

Instructions

1. Preheat oven to 400 degrees.
2. Line baking sheet with parchment paper. Set to the side.
3. In a small mixing bowl, combine mustard, oil, In a small bowl whisk together mustard, oil, basil, garlic powder, dried oregano, thyme, and black pepper.
4. Using a pastry brush to apply the mixture to both sides of the pork chops.
5. Heavily sprinkle the parmesan cheese over the pork chops. Press firmly so that it will adhere.
6. Place the chops on the prepared baking sheet.

7. Bake for 20 minutes until pork chops are no longer pink in the middle.

2.6 net carbs

Chicken Cordon Bleu

Ingredients:

4 chicken breasts

8 slices ham- not cured in sugar

4 ounces Swiss cheese

1 large egg

3/4 cup parmesan cheese

1 tablespoon butter

1/8 teaspoon salt

1/8-teaspoon pepper

Instructions:

1. Preheat oven to 350 degrees.

2. Pound chicken until 1/2 inch thick. Cut into four pieces.

3. In a medium mixing bowl, beat egg and add Swiss cheese. Stir until well combined.

4. Roll ham in egg mixture.

5. In a separate microwave safe bowl, melt butter.

6. Add salt, pepper and parmesan cheese to butter.

7. Dip chicken in butter mixture and lay on baking sheet.

8. Lay ham on top of chicken breast and roll into circle. Secure with a toothpick.

9. Pour remaining butter mixture over top of chicken.

10. Bake for 35 minutes until tender.

4.3 net carbs

Lemon Snapper

Ingredients:

1 1/2 pounds snapper fillets
3 tablespoons lemon zest
3 tablespoons parsley
1/4 cup lemon juice
1 teaspoon salt
1/8 teaspoon pepper

Instructions:

1. Preheat oven to 400 degrees.
 2. In a small bowl combine lemon zest, parsley, salt, lemon juice, salt and pepper.
 3. Pour mixture over both sides of snapper.
 4. Place snapper in baking dish.
 4. Bake for 10 minutes.
- 2.2 net carbs

Sausage Frittata

Ingredients:

1/2 medium green pepper
1/2 medium onion
16 ounces pork hot sausage
1 clove garlic
1/2 cup shredded cheddar cheese
4 ounces shredded pepper jack cheese

10 large eggs

1/4 cup heavy cream

Cooking spray

Instructions:

1. Preheat oven to 375 degrees.
 2. Chop onion and pepper.
 3. In a skillet, cook sausage with onion, garlic and pepper.
 4. Spray 9 by 13 baking dish.
 5. Pour mixture into baking dish.
 6. Cover with shredded cheeses.
 7. In a medium bowl, whisk eggs. Pour over mixture.
 8. Bake for 20 minutes until knife inserted in middle comes out clean.
- 1.7 net carbs

Conclusion

Changing your eating habits can be hard at first. Most of us are so used to eat certain things that our brains will start to play games with us if we start changing. Especially since eating is so much associated with our emotions, memories and even family traditions. However we must understand that in order to see changes in our body and our health, we must start making changes in the way we live, and that includes, of course, changing the way we eat.

The Ketogenic diet will be easy to do for you if you stop looking at things for an immediate point of view. Imagine how would you feel a few weeks from now when you have a few pounds less. Imagine how your health would be improved, how much more energy you have and how much more confident you will feel if you simply took this small sacrifice to change the way you eat now. If you have a family, think of the legacy you are leaving to them, it's important that you educate them on how to eat.

Think about it, how long do you need to really change your body and health? To be honest, for most people: 4-8 weeks. And if you have a deeper weight problem: maybe 12-16. I know it may sound a lot, but you will enjoy the benefits for life. You are in power of changing your present and your immediate future. Take action now and start eating the right way!

Thank You

If you've read all the way to the end of this book it's because you are committed to change our lifestyle and the way you eat.

That's why I want to give away this book **priced normally at \$7.95 FREE for a limited time**. I am sure it will help you achieve your goals and become healthier.

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