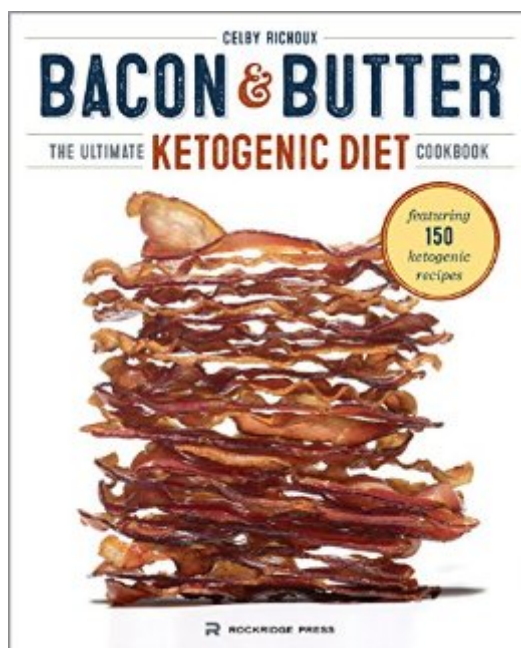


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# Bacon & Butter: The Ultimate Ketogenic Diet Cookbook



## Synopsis

Finally, a cookbook and culinary counselor supporting your ketogenic diet. Author Celby Richoux was overweight, exhausted, and moody. Then she discovered the ketogenic diet and watched the pounds melt away and the ailments vanish. In this fresh and engaging more-than-a-cookbook, Richoux shares firsthand experience, inventive ideas, and managing the transition to a ketogenic diet. Unlike any other ketogenic diet book, *Bacon & Butter* combines keto facts with flavorful recipes to kick-start your keto lifestyle. Richoux serves up simple yet satisfying keto classics, like Bacon-Wrapped Jalapeño Chicken and Bacon Deviled Eggs, plus non-traditional takes like Baked Spaghetti (spoiler alert: this dish swaps noodles for spaghetti squash).- Discover how to reap the benefits of the ketogenic diet, with:- 150 sumptuous, easy-to-follow recipes- Enlightening overviews explaining the ketogenic diet- At-a-glance charts of keto-friendly foods Keep your ketogenic diet on track and your taste buds happy with *Bacon & Butter*.

## Book Information

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## Customer Reviews

This cookbook is geared toward individuals who follow or want to follow the "Ketosis" diet. I had

never heard of Ketosis before reading this book and was very interested in learning all about it. Hey, who doesn't like bacon right! Well, in my case turkey or beef bacon for me! I loved that the beginning of the cookbook explains what Ketosis and macro-nutrients are and how to calculate your proper macro-nutrient breakdown for your body ratio with the amount of fat that your body size should have. It also gives you which foods you should avoid so that you won't knock your Ketosis ratio off. Sugar is definitely a no-no on this diet! I also love how this book lists different places (stores and online) where you can purchase items that are hard to find in your local supermarkets. What particularly peaked my interest, was the fact that the author gives you ways on dealing with family, friends, and co-workers who don't support your lifestyle change! Sometimes on a lifestyle change journey we find those individuals who question why you chose this route to take or just don't support your efforts at all which can deter you and discourage you. Loved how the author gave you ways on how to deal with those individuals. Some of the recipes kind of caught me by surprise like "Buttered coffee." This is an extremely different way to drink coffee! I think I would be willing to try this! I loved looking through all of the recipes and they seem quite tasty. Each recipe breaks down the ratio, calories, total fat, carbs, net carbs, fiber, and protein. I like how it helps you find the perfect pair to go with each dish. For me, I would substitute pork varieties with turkey or beef because I follow a Kosher diet but this would probably be a lifestyle change that I would be willing to adapt. I was given this book for review. The opinions are 100% my own and honest.

Bacon (yum) and Butter (yummy)... Just how do you justify these two items on a list of approved items for a diet? This book explains it all to you. The first few chapters explain how your body will respond to the major change in your eating habits and the reasoning behind these changes. While there is a lot of science type information on the why's and how's, I found it to be very daunting to wade through. There are tons of lists to reference as to which foods to eat and which foods not to eat while subscribing to this lifestyle which are helpful. The recipes are varied and unique from Scotch Eggs at breakfast to Feta and Olive Stuffed Chicken for Dinner with Chocolate Covered Bacon for dessert. I really appreciated the recipes for Sugar free ketchup and Teriyaki Sauce (who knew there was that much sugar in those items?). Overall this was great book for the beginner that wants to learn and has the energy to make a plan on their own for the food choices. Personally, I would appreciate a 30 day meal plan included with the book. I received this book in exchange for my honest review.

Bacon and Butter The Ultimate Ketogenic Diet Cookbook is not a fad diet or something you would

try and stop. This "diet" book is a life style change with all the foods we grew up with in the south. Who would not like to eat Bacon and butter and meats and good fats like lard and Coconut Oil. The diet would consist of Bacon for Breakfast and even steak if you were up to it. Fat is your friend, but carbohydrates are your worst enemy as they turn in a sugar that does not benefit anyone. The keto diet works simply this way using high-fat, moderate protein and low or no carbohydrates and your body will burn the protein for fuel and fat and the results are lost weight and more energy. The major benefit of the Ketogenic diet and science has backed this up, by using this diet to virtually eliminate effects of seizures in those of us that have epilept and that is something I have had since birth. There is something called Macronutrients are what fuels the body and gives the body what it needs to sustain life. The Macronutrient breakdown of the keto diet is as follows: 60 to 80 percent fat, 20 to 35 percent protein and very little carbohydrates and carbohydrates can be found in vegetables instead of grains. You can find out what works best for you using this keto calculator: [www.keto-calculator.ankerl.com](http://www.keto-calculator.ankerl.com)

There are a lot of mistakes and redundancies and duplications of ingredients in the recipes. A novice cook could easily be very confused. One recipe called for thinly sliced chicken thighs? But directions described working with chicken breasts! Another called for almond flour twice in the ingredients, but the second 1/2 cup wasn't mentioned in the directions, and wasn't necessary. This is only two of many I found. In spite of the many errors, I did find a number of recipes that I really like. First and foremost of these is the recipe for biscuits in the "Biscuits & Sausage Gravy" recipe. These are the closest thing to a real biscuit I have found since beginning the keto lifestyle almost a year ago. I make these without the garlic and onion to use for breakfasts when I don't want the garlicky flavor. Made with the garlic they rival those at Red Lobster....

I am loving this book!! Lately I have been looking for good keto recipes. Recipes that are fool-proof, with easy to find ingredients, and delicious. This is the best book I've found. Every thing I try is great -- and I've been trying lots of them!! This is now my go-to kindle recipe book. I've gone back and made some things more than once - which means Success!! Healthy, delicious and easy to prepare. The kindle format works great for this book too. Easy to find no matter which device I'm using (and I use them all) - on my phone, my paperwhite, or my Fire HD. What a great price for the kindle edition. I'd buy other books from this author in a minute.

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