KETOGENIC DIET

30 YUMMY BREAKFASTS

1 MONTH OF LOW-CARB, HIGH-FAT WEIGHT LOSS MEALS

Recipes365

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• BEFORE YOU BEGIN •

Free Bonuses

Guide: Top 10 Ketogenic Diet Mistakes

We've put together a free companion guide to go with this cookbook. It features the top 10 mistakes made by people on the ketogenic diet.

If you want to avoid costly mistakes and accelerate your progress you will find a link to the guide at the back of this book. If you can't wait that long, click below now!

2. Recipe Genie: Your Celebrity Chef

Love a recipe but wish it had a little twist? Meet Recipe Genie — your AI-powered celebrity chef that helps you tweak, swap, and perfect any recipe to your taste or diet.

🎁 Use code **KETOGENIC** for **100 FREE credits** here and start customizing recipes your way!

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Introduction

Welcome to the world's most effective high-fat, low-carb diet! By now you are probably well aware of the benefits of going keto, but just in case you need to refresh your memory here's a quick top-up before we dive right into the recipes.

The Science in a Nutshell

Your body normally converts carbohydrates into glucose for energy. By limiting your intake and replacing it with fats, your body enters a state of ketosis.

Here your body produces ketones, created by a breakdown of fats in the liver. Without carbohydrates as your primary source of energy your body will turn to the ketones instead.

This effectively cranks up the fat burning furnace and puts your body in the ultimate metabolic state.

What Keto Can do for You

Keto has its origins in treating healthcare conditions such as epilepsy, diabetes, cardiovascular disease, metabolic syndrome, auto-brewery syndrome and high blood pressure but now has much wider application in weight control.

This diet, then, will take you above and beyond typical results and propel you into a new realm of total body health. If you want to look and feel the best you possibly can, all without sacrificing your love of delicious food, then this is the cookbook for you.

Things to Remember

A good diet is not solution to anything in and of itself; it must be applied as part of a healthy lifestyle in order to see maximum results.

Think of the ketogenic diet as the foundation for your new body. If you want to build something truly special on top of it then design your lifestyle with that goal in mind.

Cutting out junk food goes without saying, as does ditching bad habits such as smoking and drinking. Exercise, too, will take you to heights you never knew were possible.

So, as you explore these delectable dishes and embark on the keto diet, try not to neglect other areas or responsibility.

Let this be the start of something great!

The Recipes

We wanted to make it as simple as possible for you to get in the kitchen and rustle up something special, so you will find each recipe laid out in an easy to follow format.

Each begins with a short intro to the dish, followed by the serving size and list of ingredients. Remember, this diet is designed to rekindle your love of food not extinguish it with rules and regulations, so don't be afraid to experiment.

Use the ingredients as general guidelines and follow the instructions as best you can. You may not get everything perfect first time, every time but that is what makes it yours!

Keep at it for the full 30 days of eating and you will no doubt establish a few firm favorites which you can turn into your specialty dishes over time.

Each recipe ends with a breakdown of key nutritional information including number of calories and amount of fats, carbohydrates and protein.

Again, this isn't to be obsessed over. Food is something to be enjoyed, so if you are going to keep note of your intake levels then just make it a general estimate.

Once you start loving what you are eating mealtimes will become something to look forward to. Take this as encouragement, go forth and cook to your heart's content!

Breakfasts

Keto Pizza Style Waffles

Who says you can't have dinner for breakfast? Or better yet, pizza for breakfast! And the icing on the cake (or should we say the cheese on the crust?) is that this recipe is perfect for your keto diet and gloriously customizable with your own toppings. Let's get started.

Serving size:

This recipe will produce 2 waffles.

Ingredients:

1 tbsp. butter (or bacon grease)

1 tsp. baking powder

3 tbsp. almond flour

1 tsp. Italian seasoning

1 tbsp. psyllium husk powder

4 tbsp. parmesan cheese

3 oz. cheddar cheese

4 large eggs

½ cup tomato sauce

14 pepperoni slices (If you're aiming for a classic pizza)

Salt and pepper to taste

Directions:

1. Add everything except your sauce, cheeses, and toppings to an immersion blender and mix together until thick and free of clumps.

2. Heat your waffle iron and add half your blended mixture. Many waffle irons have a handy little light that will tell you when it's ready but if not, look for the flow of steam coming from the iron to almost disappear to indicate it is ready.

3. Repeat step 3 with the rest of your mixture. 4. Add half your tomato sauce (1/4 cup) and half your cheese (1.5 oz.) to each pizza waffle.

5. Add your pepperoni, or any other toppings, to the pizzas.

6. Broil for a few minutes until the cheese begins to bubble and crisp. For cheddar, broiling generally takes about 3-5 minutes, but this time will vary with other cheese so keep an eye on it!

And there you go, two delicious pizza waffles for breakfast. Now go and have a great day!

Nutritional information (per serving):

Calories: 525

Fat: 41.5g

Carbs: 5g

Protein: 29g

Morning Muffins

Waking up to a chocolate brownie craving can be such a let down. You've got your whole day ahead of you, but must restrain yourself from the delectable chocolate that's calling your name. No more! This easy chocolate morning muffin recipe will satisfy your sweet tooth while the addition of pumpkin keeps your keto diet on track.

Serving Size:

This recipe will yield 6 muffins.

Ingredients:

1 tsp. vanilla extract

2 tbsp. coconut oil

½ tsp. salt

½ tsp. baking powder

1 tbsp. cinnamon

¼ cup cocoa power

1 tsp. apple cider vinegar

¼ cup slivered almonds

½ cup pumpkin puree

1 large egg

1 cup golden flaxseed meal

¼ cup sugar-free caramel syrup

Directions:

1. Set your oven to 350°F.

2. Combine all your wet ingredients in one bowl and mix well. Do the same to your dry ingredients in a separate bowl.

3. Now pour your wet ingredients into the dry and mix. Pour slowly and be sure to mix well in order to prevent clumping.

4. Set 6 standard paper liners into your muffin tin, and add roughly ¼ cup of your mixture to each liner.

5. Sprinkle the almond slivers over the tops of the muffins for a little garnish and crunch (a dramatic flair while sprinkling is optional).

6. Bake the muffins for 15 minutes, and check. Once the muffins rise and are set then you'll know they're ready.

That's all there is to it! Quick, easy, and your sweet tooth will thank you.

Nutritional information (per serving)

Calories: 185g

Fat: 13g

Carbs: 3.5g

Protein: 7.5g

Keto Waffles with Pumpkin Spice

On the keto diet, it’s easy to miss our favorite sweet breakfasts. Gazing at a waffle with a sense of longing or grudgingly eyeing someone while they demolish a stack of pancakes is no fun at all. But there is hope for sticking to your diet and enjoying these tasty breakfasts, with the added benefit of pumpkin!

Serving size:

This recipe will yield 2 servings.

Ingredients: