KETOGENIC DIET

30 DELICIOUS DINNERS

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

Recipes365

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BEFORE YOU BEGIN

2 Free Bonuses

Bonus 1: 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!

Try it free → https://litomedia.com/recipe-genie/

Or

SCAN

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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!

Dinners

Nutty Salmon

This walnut crust salmon is sure to be a hit for dinner. Deliciously seasoned with mustard and dill, and it's packed with healthy fats to keep you on your diet.

Serving size:

This recipe yields 2 servings.

Ingredients:

1/4 tsp. dill

1 tbsp. olive oil

1 tbsp. dijon mustard

2 salmon fillets (3 oz. each)

1/2 cup walnuts

2 tbsp. maple syrup (sugar free)

Salt and pepper to taste

Directions:

1. Preheat your oven to 350°F.
2. Dump your syrup, mustard, and walnuts into a blender or food processor.
3. Pulse until you have a paste.
4. Heat a stovetop pan on high. Once hot, place your salmon skin side down in the pan.
5. Sear the salmon for about 3 minutes until the skin is crisp.
6. While searing the skin side, add the walnut paste to the side facing up.
7. Once done searing, transfer to the oven and bake for 7 to 8 minutes.

All done, enjoy!

Nutritional information (per serving):

Calories: 375

Fat: 44g

Carbs: 4g

Protein: 22g

Crock Pot Oxtails