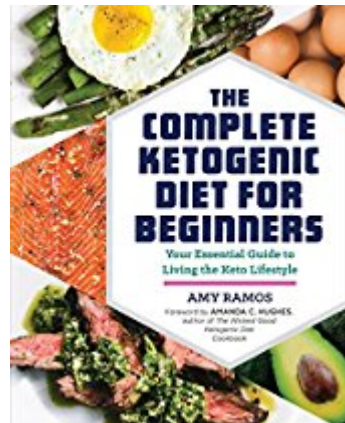


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About the Author AMY RAMOS is the pen name of the author behind the bestsellers The Complete Ketogenic Cookbook for Beginners and Easy Ketogenic Diet Slow Cooking cookbook (Rockridge Press). A professional chef for over 25 years, Amy Ramos is a passionate advocate for the ketogenic diet and the health benefits of a low-carb lifestyle. Her areas of expertise include recipe development, holistic health, and medically restricted diets. Foreword writer AMANDA C. HUGHES is a ketogenic chef based in New England with nearly a decade of experience in developing and cooking popular low-carb and paleo recipes. Stemming from the success of her ketogenic food adventure blog, WickedStuffed.com, she authored the cookbook The Wicked Good Ketogenic Diet. Her advice and recipes have been described as “life-saving,” “hilarious,” “delicious,” and “nonsense free” by the hundreds of thousands of keto-loving home chefs who loyally follow her. Rockridge Press is a trusted voice in health and diet books, publishing a wide variety of lifestyle guides and

cookbooks, including multiple New York Times Best Sellers, such as Bacon & Butter: The Ultimate Ketogenic Diet Cookbook and The Wicked Good Ketogenic Diet Cookbook: Easy, Whole Keto Diets for Any Budget. The diet experts at Rockridge Press take pride in publishing thoughtful, well-researched books that help readers make positive lifestyle changes and build permanent healthy habits. Headquartered in Berkeley, California, Rockridge Press is situated in the heart of one of the healthiest regions in the world, the San Francisco Bay Area.

Customer Reviews Most helpful customer reviews 546 of 557 people found the following review helpful. It has it all! Diet outline, menus, nutritional values, shopping lists & recipes! By Crazylabrat This book is split into 3 parts: The Ketogenic Lifestyle, The 14-day Meal Plan, and the recipes. Before this book, I really didn't fully understand what a Ketogenic Diet was. Chapter 1 defines it for me in 4 words, Low-Carb, High-Fat. This diet promotes fresh whole foods and healthy fats & oils, and cuts out processed, chemically treated foods. It also tells you that when you start a Keto Diet, you'll most likely experience the Keto-Flu! Chapter 2 - Go Keto in 5 steps. 1-clean out your pantry. Egads! No dates or peas, 2 of my favorites! 2-Go shopping and stock up on the basics- water, coffee, tea, spices, herbs, non-sugar sweeteners, lemon & lime juice, mayo, mustard, pesto, sriracha, broths, pickled foods, nuts & seeds, meats, eggs, wild caught fish, nonstarchy veggies, berries, avocados, full fat dairy, avocado oil, olive oil, butter, lard, bacon fat. 3-set up your kitchen with a food scale, food processor, spiralizer, hand mixer, and cast iron pan. 4- plan your meals, and 5 -exercise! Part 2, the 14 day meal plan, not only gives you the meal outline for the week for breakfast, snack, lunch, snack, and dinner, but it gives you the nutritional breakdown of calories, fat, protein, carbs, fiber & net carbs, it then gives you what page to find the recipe on, THEN it gives you a weekly shopping list! Bonus! 164 of 172 people found the following review helpful. Great guide By Amazon Customer Great guide for beginners, has lots a info, and well researched material to help you reach your goals. (lost 30lbs in under 3 months) 112 of 118 people found the following review helpful. No photos but good recipes By Shana Ford No photos but recipes I have tried are great. I eat with my eyes so prefer cookbooks with photos. See all 318 customer reviews...

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