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I love this cookbook! I have purchased several cookbooks with the low-carb, high-fat recipes that support a ketogenic diet and this is by far my favorite. The recipes are very accessible and don't include a lot of specialty ingredients. Sarah, Amazon Verified Purchase Review For many of us, the idea of dieting conveys unpleasant notions of flavorless piles of lettuce and overpriced freezer meals. But the secret to losing weight isn't starving yourself or eating processed diet food. With Bacon & Butter: The Ultimate Ketogenic Diet Cookbook you'll begin dropping pounds immediately and learn how to keep them off for good by following a low-carb, high-fat ketogenic diet packed with tasty, wholesome meals that you'll love. Your journey towards a healthier life and slimmer waistline begins here and now, with useful features such as: 150 delicious ketogenic diet recipes that will keep your body in ketosis, complete with nutritional information for each recipe. Clear guidance on what ketosis is and which foods are truly keto-friendly. Knowledgeable guidance from Celby Richoux who has experienced firsthand the incredible, transformative results of the ketogenic diet. Ideas for how to stick to your new ketogenic diet from common social situations like office parties to holiday dinners. Whether you've come to keto through the guidance of your doctor or you're looking for a sustainable way to lose weight, Bacon and Butter is your complete ketogenic diet resource for keeping your diet on track and your taste buds happy.

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