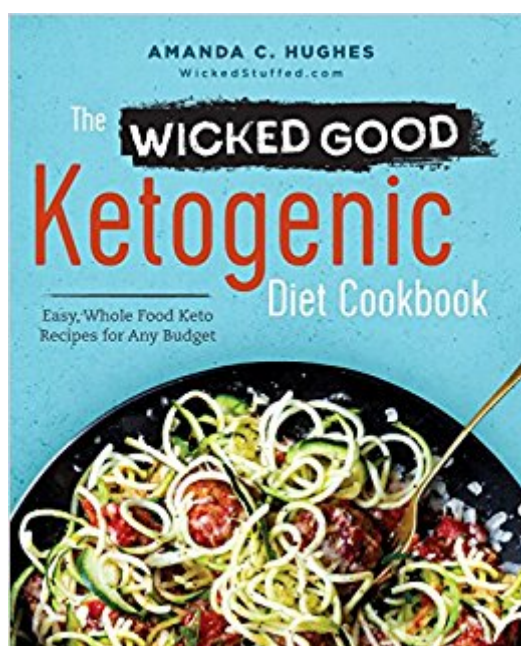


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# The Wicked Good Ketogenic Diet Cookbook: Easy, Whole Food Keto Recipes For Any Budget



## Synopsis

â œIf you are embarking on a ketogenic lifestyle journey, this cookbook is your roadmap! I am relatively new to keto and have a group of clients that I am guiding through a low-carb lifestyle and intense fitness program. We are cooking our way through this book and getting amazing results!â •â •Kate Jaramillo, Reader and Ketogenic Diet FollowerWatching your waistline along with your wallet can be frustratingâ •but you shouldnâ™t have to let your budget stand in the way of your health. Just ask chef Amanda Hughes, whose drastic weight loss on the Ketogenic Diet prompted her to write a cookbook that balances meals and budgets. The Wicked Good Ketogenic Cookbook is packed with easy to prepare low-carb and high-fat recipes that are both appetizing and affordable. Once you learn the tips and tricks to help you start and stick with this low-carb and low-cost lifestyle, youâ™ll discover that the Ketogenic Diet is not just a diet, itâ™s a way of life. The Wicked Good Ketogenic Cookbook contains: 175 Ketogenic Diet Recipes: easy to prepare low-carb, high-fat recipes that use clean, whole foods Money Saving Tips: advice on how and where to shop to save money along with price points for every recipe A Comprehensive Introduction: details on the main differences between keto and paleo diets and everything else you need to know on how to stay fit and stick with the Ketogenic Dietâ œThis is the BIBLE for the Ketogenic Diet and an amazing way to lose weight! The recipes are wonderful. Amanda has put together recipes that are easy to follow, beautifully displayed, and DELICIOUS as promised.â •â •Margaret Wynn, Ketogenic Diet DevoteeDiscover the simple, clean recipes in The Wicked Good Ketogenic Cookbook and learn how â œwicked goodâ • it feels to follow the Ketogenic Diet.

## Book Information

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## Customer Reviews

View larger    Garlic and Thyme Skillet Salmon    Paleo    Serves 2 to 4 / Prep time: 10 minutes / Cook time: 10 minutes.    Calories: 684; Total Fat: 47g; Saturated Fat: 19g; Cholesterol: 216mg; Carbohydrates: 2g; Fiber: 1g; Net Carbs: 1g; Protein: 67g.    Macronutrients Ratio:    Fat: 62% / Carbs: 1% / Protein: 37%.    Ingredients:    4 tablespoons Golden Ghee (page 224), divided    1 tablespoon minced garlic    1 tablespoon fresh thyme    Pinch sea salt    4 (6-ounce) salmon fillets    1 shallot, quartered    ½ lemon

Instructions    1. Preheat the oven to 450°F.    2. In a small bowl, mix 2 tablespoons of ghee with the garlic, thyme, and salt. Set aside.    3. In a medium cast iron skillet, melt the remaining 2 tablespoons of ghee over medium heat. When the ghee is hot, add the salmon fillets, skin-side down. Wedge the shallot quarters between each salmon fillet. Sear the fillets for 1 minute, flip, and sear for another minute.    4. Break the shallot quarters into individual layers, and top the salmon with the seasoning mixture.    5. Transfer the skillet to the oven. Bake for 8 minutes.    6. Serve the salmon and roasted shallots hot, with a squeeze of lemon.

"[The Wicked Good Ketogenic Cookbook] told me exactly what to throw out of my fridge and pantry (a sad day, indeed) and what to buy at the grocery store. It also includes handy lists of fruits, vegetables, condiments, and more along with their net carb counts. Once I moved through the emotional hurdle of binning my favorite foods and restocking with the right ones, it was much easier to get started." — Katie Gutierrez, "What I Wish I'd Known Before Starting a Ketogenic Diet" (A Sweet Life blog)

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. Her ketogenic food adventure blog, WickedStuffed.com, has been described as "life-saving," "hilarious," "delicious," and "nonsense free" by the hundreds of thousands of keto-loving home chefs who loyally follow her.

Never have I ever read a cookbook cover to cover the day I got it! Until today. The Wicked Good Ketogenic Diet cookbook offers low carb/keto friendly recipes and breaks them down into categories by breakfast, drinks and smoothies, snacks, sides, desserts and by protein. There is also a very user friendly introduction to the Keto lifestyle, with detail about Keto vs. Paleo, foods to try, and

foods to avoid. I've been on and off on keto for about a year now and came across recipes in this that I hadn't heard of before. I love the way I feel eating this way, but plain chicken breast does get boring! It's not a diet- it's truly a new way of eating and I'm thrilled to have a cookbook that makes it easy to keep on track. One of the main points of keto is to stay between 25-50 carbs/ day- this cookbook supplies the macros for each meal! It makes it easy to track. The recipes are a mixture of high end (\$\$\$\$) and very accessible. I do wish there were more pictures, but the recipes themselves more than makes up for it. Going to try the Sriracha Citrus beef tonight! So happy I came across this book.

Easy to follow and pretty simple ingredient list. Found it very useful for my needs. Great selection, and I love everything I've tried! I usually get annoyed with cookbooks because they have complicated ingredients or instructions, and I honestly despise cooking, but this has been really user friendly. Would definitely recommend!

This is the BIBLE for the ketogenic diet and an amazing way to lose weight! The recipes are wonderful. Amanda has put together recipes that are easy to follow, beautifully displayed, and DELICIOUS as promised. The Chicken Parmesan and zoodles was wonderful (husband even loved it), the peanut butter fudge fat bomb is addicting, and the spice-orange spice mug cake is my new "go to" breakfast. Her tips on how to make the most of the ketogenic diet, including avoiding all the hidden sugar ingredients, is incredibly helpful, and she has included recipes to replace those ingredients! Ketchup, Dressings, marinades are excellent. In addition, she has included a 4 week meal plan that is easy to follow, with enough variety to make it a way of life....not just a diet. Highly recommend....and have lost steadily since beginning the journey.

Really Happy to find supportive books containing additional recipes that I am allowed on my current diet! Book arrived within days of order.

Everything in this cookbook is useful, informational, entertaining, and delicious! By following Amanda's blog, I learned most of what I know today about Keto...and yes, the 60 pounds off my frame says it works. This cookbook elevates everything to new heights. Who ever thought of taking savory eggs, adding cinnamon and cream cheese - it's literally a toastless French toast. The creative uses of Pork Rinds (instead of bread crumbs) never ceases to amaze. Many of her recipes now rotate thru my weekly meal cycle ... especially the Buffalo Chicken Meatloaf stuffed with Blue

Cheese (I make it roll-a-tini style) and the slow cooker lemon rosemary chicken is absolutely worthy of company! (I generally won't share my meatloaf). But her Zoodle recipes really have changed the way my family eats. Vegetables aren't my strong suit, but using her recipes to replace our beloved noodles with zoodles has really raised the culinary bar in my house. For those of us with a sweet tooth, the combination of berries with sage makes my mouth very happy, and the Meyer Lemon Custard has become a weekly must have. Buy this book...for yourself, your friends, your family...you will not be disappointed.

LOVE this book, I've got lots of pages ear-marked already! Can't wait to put it into action.

I've just started the Keto journey and have made a few recipes from this cookbook and all have been delicious. The prep time is a bit off, unless maybe the author is assuming everyone has a sous chef chopping and making the measurements for you.

Thorough. Has everything people new to ketogenic living need to get started. Written in plain English and easy to understand and follow.

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