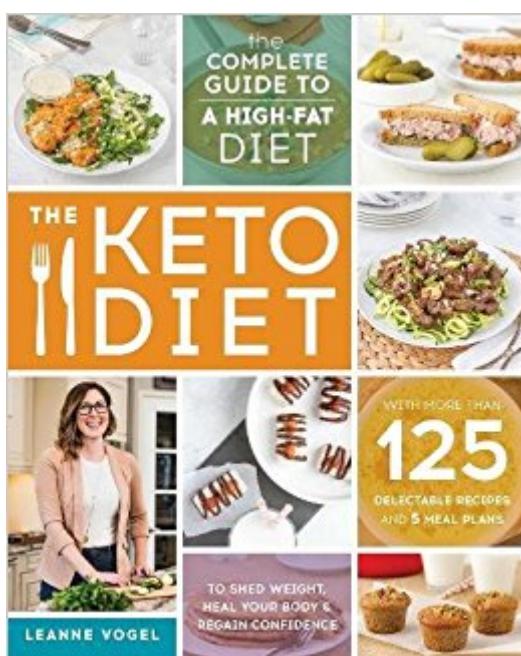


The book was found

The Keto Diet: The Complete Guide To A High-Fat Diet, With More Than 125 Delectable Recipes And 5 Meal Plans To Shed Weight, Heal Your Body, And Regain Confidence



Synopsis

Leanne Vogel, the voice behind the highly acclaimed website Healthful Pursuit, brings an entirely new approach to achieving health, healing, weight loss, and happiness through a keto-adapted lifestyle with The Keto Diet: The Complete Guide to a High-Fat Diet. For too long we've blamed dietary fat for weight gain and health problems. The truth is, a diet that's high in natural, healthy fats can actually help your body burn fat! That's the secret behind the ketogenic diet. As you get more of your calories from healthy fats and cut back on carbs, you'll start burning fat, losing weight, and feeling strong and energetic "without feeling hungry or deprived. The Keto Diet does away with the "one size fits all" philosophy offering a customizable approach that is tailored to the unique needs of the individual. Leanne provides the tools to empower everyone to develop a personalized nutrition plan, offering limitless options while taking away the many restrictions of a traditional ketogenic diet. A one-stop guide to the ketogenic way of eating, The Keto Diet shows you how to transition to and maintain a whole foods-based, paleo-friendly, ketogenic diet with a key focus on practical strategies and tons of mouthwatering recipes. It includes: Over 125 healthy and delicious whole-food recipes that will help your body burn fat, including: Chicken Crisps, Bacon-Wrapped Mini Meatloaf, Keto Sandwich Bread, Waldorf-Stuffed Tomatoes, No Nuts! Granola with Clusters, Chicken Pot Pie, Chocolate-Covered Coffee Bites, Five 28-day meal plans that walk you through a month of eating keto, Tools to make your high-fat life a breeze including guides for your favorite grocery stores, yes/no food lists, food sensitivity replacements, how to go dairy-free to reduce inflammation, and more. The Keto Diet will help you gain energy, lose weight, improve your health, and turn you into the ultimate fat-burning machine "all without restricting or even counting calories. You'll have all the tools you need to fall in love with your body and banish your fear of fat forever!

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Customer Reviews

Leanne Vogel is a nutrition educator and the creator of healthfulpursuit.com, the popular website for those searching to change their lives through a whole-foods-based keto program. Leanne has gained worldwide recognition for her unique no-limits • paleo-friendly approach to the keto lifestyle and is the go-to resource for those looking to achieve health, happiness, and body confidence through a high-fat, low-carb keto diet. Leanne found keto during her personal struggles with health and weight loss. It transformed her life, and she immediately set out on a path to help others find the same success. Leanne launched her online nutrition program *The Keto Beginning* • in October 2014 and then *Fat Fueled* • in November 2015, and on her website and YouTube channel (healthfulpursuit.com/video) she provides daily motivation tips, recipes, advice for getting started with keto, maintenance plans, and help overcoming hurdles. Leanne received her Holistic Nutrition Certification in 2007 from the Canadian School of Natural Nutrition and currently resides in Calgary, Alberta, with her husband, Kevin, and their two fur children, Lexy and Pebbles. Leanne's recipes and healthy-living strategies have been featured on: AgainstAllGrain.com, Low-Carb Conversations, The Diabetes Summit and more! For additional information, please visit www.healthfulpursuit.com.

What more can I really add to all the wonderful things that have already been written about this great book. I discovered Ketogenic Dieting in mid February of this year. I spent more than two weeks watching between 20 and 25 hours on youtube about this subject, and read many articles both pro, and con. Why all the research? I'm 64 years old and was pretty terrified at the prospect of eating this way. I also don't have a gallbladder to assist in fat assimilation. With cancer, diabetes, heart attacks and strokes on both sides of my family, I really didn't want to make any mistakes. In the 19 years I've been a member of, I've never once pre-ordered anything, with the exception of this book. What sold me on this book was watching and listening to several dozen of Leanne's youtube video's and podcast postings. I found all of her information to be extremely well researched, and she consistently provided far more useful and important health information, of a higher value, than even most of the medical doctors who've posted on the same subjects. I decided

to give it a shot, but still with some reluctance, as eating this way is totally counter intuitive to the way I've eaten for the last 40 years. Leanne has a funny sense of humor in both her video's and in her writing style. She's as delightful to read as she is to watch. I have followed her instructions for the last 6 weeks or so, and have effortlessly lost over 30 pounds. I have felt fully supported by her advice, including her suggestion of taking Ox Bile and Essential Enzymes to help with fat digestion, for those of us without a gallbladder. I haven't felt this great in many years, and will continue to eat this way from now on. If you're on a limited income as I am, and can only afford to purchase one or two books on this subject, drop this book in your cart. I have no doubt that you'll be very glad you did. Thank you, and thank you Leanne. This is truly a wonderful and life changing book.

I have been doing keto for a year now. I've read a ton of information about keto and listen to keto poscaat as well. This book is well written and is such a great resource book! She explains the ketogenic way of eating very well, provides 3 different paths to take to be successful and it has a ton of recipes. It's like getting 2 books in one....an informational book and a cook book! I initially bought the kindle version but loved it so much that I also bought the printed version! This is excellent for beginners as well as experienced ketogenic dieters!

The Keto Diet is the **HEALTHY** way to do low-carb, high fat. And, this book has **EVERYTHING** you need to get started. I've been following Leanne Vogel for about a year and purchased a few of her ebooks (which are amazing!) and her weekly meal plans (again, so helpful). The Keto Diet is the icing on the cake. More than a recipe book, this huge (seriously, it's **HEAVY!**) book is an encyclopedia of the right way (in my opinion) to do keto. It's not about just eating bacon, cheese and Swerve. Leanne uses natural foods, tons of vegetables and really promotes sustainable and humane animal products. The most interesting and surprising thing is how she explains that carbs are **NECESSARY** for long-term health. And she shows you **HOW** to do it so that you can stay "fat-adapted". Read it! Join her FB Group! Listen to her podcast! Leanne will inspire you to be your healthiest self.

I am vegan and have tried to go keto in the past and failed due to lack of information. Before purchasing I messaged the author and asked if there were vegan recipes other than "dessert or snack type" foods and she told me that 42% of the recipes were either vegan or had an option to be made vegan. I **LOVE** this book! Though it does not include a meal plan for vegans specifically, the amount of information included in the book allowed me to create my own vegan keto meal plan. It

also has a lot of helpful advice on how to deal with issues that may arise as your body transitions from sugar burning to fat burning. This book is so easy to read that it makes it possible for anyone to be keto!

It's really a 3.5 star book for me. I am newer to Ketogenics. I wanted a book to introduce and help set me in the right direction. It's very detailed, and almost presents too much information which makes it hard to sort through (for me). I would describe this as an Advanced Ketogenics read. The ingredients are very expensive and not all of them are easy to find. I found it overwhelming for someone who is just beginning their Keto journey. Maybe when I've been doing this for longer, and have a better feel for things I will come to appreciate this authors approach. Not sure I will come to appreciate all the recipes.

Awesome! I was on the Ketogenic diet for almost a month before I got this. This answered so many of my questions and worries, and more! Awesome, awesome book. Totally worth the \$21 to get it! No, I did not get paid for this review.

Leanne's book is so informative and easy to read. She puts everything into terms anyone can understand. I am learning so much from the book. I highly recommend this book to anyone who needs to learn more about eating a high fat/low carb diet, who wants to begin an excellent way of eating, and who wants more delicious recipes to make!

This book is amazing! The details make it so easy to understand the fat fueled approach to the ketogenic diet. I absolutely love that this book is not about counting calories and macros but mainly healing the body and being the best you. The recipes also look so delicious. I can't wait to try some of these out. Leanne you are amazing! Thanks for taking the time to be so thorough and provide us with such an incredible book! :)

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