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Keto Restaurant Favorites



Synopsis

The ketogenic diet has taken the world by storm, and deservedly so: its results in helping people lose weight, manage chronic health conditions, and simply feel great are unmatched. Bestselling cookbook author Maria Emmerich sits at the forefront of the keto movement and has become the go-to source for high-fat, low-carb recipes that both please the palate and nourish the body. With Keto Restaurant Favorites, Maria delivers once again by putting a new and unprecedented twist on ketogenic cooking. Eating keto doesn't mean that you have to give up the dishes you love! Instead, Maria shows you how to re-create those recipes, keto-style. Keto Restaurant Favorites answers the demand for a one-stop cookbook that allows you to easily replicate your favorite restaurant cuisine in your own kitchen. Maria's recipes masterfully mimic the dishes you love using healthy, readily accessible ingredients. In addition to classic American fare, this book offers recipes for a variety of cuisines, including Italian, Chinese, Mexican, and Thai. Maria even includes favorites from the kids' menu! Recipes include: Bacon cheeseburger Copycat Frosty Corn dogs Curry Pho Tom ka gai Carne asada Gnocchi Calzones Cannoli General Tso's And many more! With nearly 170 recipes covering a broad spectrum of restaurant cuisine, Keto Restaurant Favorites is sure to please even the pickiest eaters. Say goodbye to feeling deprived! This book gives you all the tools you need to re-create your favorite dine-in and takeout offerings in a healthy and delicious ketogenic way.

Book Information

Paperback: 384 pages

Publisher: Victory Belt Publishing; 1 edition (July 11, 2017)

Language: English

ISBN-10: 1628602589

ISBN-13: 978-1628602586

Product Dimensions: 8 x 0.9 x 10 inches

Shipping Weight: 2.7 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 100 customer reviews

Best Sellers Rank: #3,009 in Books (See Top 100 in Books) #6 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #8 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #9 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic

Customer Reviews

Maria Emmerich is a wellness expert in nutrition and exercise physiology. She is the author of several cookbooks and three nutritional guidebooks, including the global bestseller *The Ketogenic Cookbook* and *Quick & Easy Ketogenic Cooking*. Maria's blog, mariamindbodyhealth.com, offers a unique combination of innovative recipes using alternative ingredients to less-healthy options and easy-to-understand explanations of why these options are better for our health. Maria's success stems from her passion for helping others reach and sustain optimal health through programs and education that work on a personal level. She understands the connection between food and how it makes us all feel inside and out. Her specialty is brain chemical neurotransmitters and how they are affected by the foods we eat. After struggling with her weight throughout her childhood, she decided to study health and wellness so she could help others who are discouraged by their appearance and do not feel their best. The nutrient-rich, relatively high-fat dietary approach that she developed for herself and the exotic, little-known replacements for typical high-glycemic starchy foods and sugar are what finally gave her total peace with food, something she never imagined possible.

Trust me I know you don't think you want or need a cookbook. Especially with Google and Pinterest I thought the same thing. If you are on any kind of low carb or Ketogenic diet you NEED this book!! I have yet to find a recipe from Maria that my family won't eat. Her recipes are easy to follow, delicious and unique. I have made different versions of this or that from Pinterest but Maria's are far different and far tastier. I have lost 225 pounds with the help of a Ketogenic diet and currently own 4 of Maria's cookbooks. I recommend them to everyone. I promise you make a full course meal out of her books and your non low carb friends will go back for seconds.

Beautiful! I love that there is a full color picture of each recipe. The recipes are interesting and variable. Macros for each serving for every recipe. Totally worth the money and will be a staple in our kitchen for use and planning of meals. I totally love that I don't have to re-invent the wheel when trying to figure out individual macros. It doesn't get better than this.

Maria is GREAT with her creativity and artistry with her cooking and information. I love reading cookbooks and she makes it fun to do the cooking! I'm impressed and have about 5 of her books.

If you thought you'd be deprived living Keto, open Maria Emmerich's "Keto Restaurant Favorites" and think again! A wonderful, eclectic selection of recipes showcasing a variety of cuisines. Thank you Maria!

I love all of Maria Emmerich's books and this one does not disappoint!

Got here early and just drooling over the mouthwatering recipes! I can't wait to dive into and start making them!

fab fab fab! get this today!

I love this book. I have made a few of the recipes from this book and have not been let down. This book is as amazing as I thought it would be. I have not been let down by Maria Emmerich ever.

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Mistakes, The Beginners Guide on Keto Diet, Meal Plan for Weight Loss, Cookbook and Recipes, Body ... (Low-carb, Ketosis, High-Fat, Paleo Diet) Keto for Beginners: the #1 complete guide to Ketosis and Ketogenic Diet (with complete Keto meal plan included and examples of recipes with nutritional facts) Vegan Ketogenic: The Complete Low-Carb Vegan Ketogenic Diet and Recipe Guide (Recipe plans, protien, carb, keto, keto living, healthy living, fast weight loss, weight loss, burn and lose belly fat) Vegetarian Keto: Start a Plant Based Low Carb High Fat Vegetarian Ketogenic Diet to Burn Fat Easily and Increase Insulin Sensitivity (Simple Keto Book 5) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Ketogenic Diet: 30 Delightful Dessert Recipes: 1 Month of Keto Desserts + FREE GIFT (Ketogenic Cookbook, High Fat Low Carb, Keto Diet, Weight Loss, Epilepsy, Diabetes) Instant Keto Cookbook: 40 Instant Pot Ketogenic Diet Recipes for Breakfast, Lunch, Dinner & Snacks (FREE Instant Pot Keto Desserts Bonus Inside) Ketogenic Bread: Low Carb Keto Bread Bakers Cookbook with COLOR PHOTOS, Serving Size, And Nutrition Facts For Every Keto Bread Recipe! Ketogenic Bread: The Ultimate Low Carb, Paleo, Gluten Free Diet Cookbook for Keto Bread Bakers with 60 Easy Keto Bread Recipes for Weight Loss and Healthy Living Keto: For Beginners: Start Your Ideal 7-day Keto Diet Plan to Lose Weight in 21 Days Now!

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