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

Amanda C. Hughes

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The Must-Have Cookbook for Watching Your Waistline, Your Budget, and Your Health!

New England Chef Amanda C. Hughes discovered the ketogenic diet when she tried it to address her own weight loss issues. Since that time, she has lost nearly 100 lbs. and dedicated herself to helping others through the creation of her own ketogenic recipes using "whole food" ingredients. Her popular food blog, WickedStuffed.com, has attracted a large following of ketoers who love Amanda's tried-and-true keto recipes. The Wicked Good Ketogenic Diet Cookbook brings more than 175 recipes to the keto-dieter, offering not only easy-to-prepare meals, but also tips for staying keto in any dining situation, and ultimately moving beyond the "diet" and into "a way of life."

- Over 175 easy low-carb, high-fat recipes that use clean, whole food ingredients
- Nutritional information for each recipe, including macronutrient percentages
- Lists of foods to enjoy and avoid and a guide for selecting keto-friendly ingredients
- Tips to make the keto diet affordable and dollar sign icons that estimate recipe costs
- Guidelines and a 4-week meal plan to help new ketoers enter and stay in ketosis
- "Make It Paleo" substitution tips to convert keto recipes into low-carb paleo dishes

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