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Jen Fisch. 4.4 out of 5



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Not only do they stick to the keto diet, but they are also delicious, and many of them are loaded with nutrients (like lots of healthy nuts). Many cakes out there are considered to be classics. Luckily, we have recreated many classic types of cakes to fit into the keto diet, including a light lemon cake and New York cheesecake.

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## Baking Classic Keto Cakes—Moist and Delicious - dummies

If you're keeping it keto, you'll love these easy keto diet dinner ideas. And this list of 5-star low-carb meals is just for starters. For much more, explore our collection of Keto Diet Recipes. And to discover more about what the keto diet is really all about, check out What You Should Know About the Keto Diet.

18 Delicious Keto Dinner Ideas | Allrecipes  
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The Keto Cookbook is a cookbook for those using the diet to treat epilepsy and other neurologic conditions.

The Keto Cookbook by Martenz, Dawn (ebook) Along with tips and tricks on living a keto lifestyle every day, The Everyday Ketogenic Kitchen cookbook also includes shopping lists, keto guides, and more than 150 step-by-step recipes for entrées, snacks, desserts, and more. More than 800 reviewers highly rated this cookbook and loved the yummy recipes that are suitable for everyone.

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Authors: Dawn Marie Martenz,  
Laura Cramp: Edition:  
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fight inflammation, and optimize your body's function, no matter your lifestyle or budget.

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In 2013, the fifth-most Googled diet search term was "ketogenic"; in 2014, it rose to number two. Now, The Ketogenic Cookbook, one of the most highly anticipated cookbooks of 2015, is set to be the ultimate resource for the growing number of people interested in eating a low-carb, moderate-protein, high-fat diet to lose weight, improve their health, and heal their bodies from the

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The Ketogenic Cookbook:  
Nutritious Low-Carb, High-Fat ...

Julia and I worked out the menu together, being sensitive to the various dietary restrictions of the guests. On the day of the party, Julia and her sous chef Frankie arrived early to my house to prepare, then prepared a delicious, healthy, gourmet, 4-course meal with a wonderful spiced mulled wine cocktail.

Health Chef Julia |  
INNOVATIVE AND DELICIOUS  
MEALS

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Illustrated, 31 Jan. 2012 by  
Dawn Marie Martenz (Author)

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diet to treat pediatric  
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