



Bacon & Butter: The Ultimate Ketogenic Diet Cookbook

Celby Richoux

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Finally, a cookbook *and* culinary counselor supporting your ketogenic diet.

Author Celby Richoux was overweight, exhausted, and moody. Then she discovered the ketogenic diet and watched the pounds melt away and the ailments vanish. In this fresh and engaging more-than-a-cookbook, Richoux shares firsthand experience, inventive ideas, and managing the transition to a ketogenic diet.

Unlike any other ketogenic diet book, *Bacon & Butter* combines keto facts with flavorful recipes to kick-start your keto lifestyle. Richoux serves up simple yet satisfying keto classics, like Bacon-Wrapped Jalapeno Chicken and Bacon Deviled Eggs, plus non-traditional takes like Baked Spaghetti (spoiler alert: this dish swaps noodles for spaghetti squash).

Discover how to reap the benefits of the ketogenic diet, with:

150 sumptuous, easy-to-follow recipes
Enlightening overviews explaining the ketogenic diet
At-a-glance charts of keto-friendly foods
Keep your ketogenic diet on track--and your taste buds happy--with *Bacon & Butter*.

Bacon & Butter: The Ultimate Ketogenic Diet Cookbook Details

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From Reader Review Bacon & Butter: The Ultimate Ketogenic Diet Cookbook for online ebook

Delaney says

A very informative and well written detailed explanation on the ketogenic way of eating. I truly enjoy cookbooks that contain pictures of the food as I am more likely to make those recipes. I recommend this book for anyone interested in the LCHFMP lifestyle, whether your knowledge is beginner level or more advanced.

Jenni Snider says

Excellent cookbook!! Have already made several recipes and have many more (well pretty much all) tagged to make soon!

Brianna says

Opens up the World of Keto Eating

I loved the tasty options available in this book. I never thought to try pork rind nachos! I also will love the peanut butter cookie recipe and the homemade sauce section is going to make food interesting again.

Phoenix Reads says

I have not tried this diet yet, but this book is a nice introduction to the subject. The recipes look yummy.

Kari Lynn Mackey says

Excellent resource for anyone following a Ketogenic (high fat/low carb) diet! And some tasty recipes even for those who aren't!

Emaida Krvaric says

Same rehash of any other ketogenic/low carb diet. Read it on a digital format, so I cannot state anything about page quality. Pictures were good.

Jacqui Hawkins says

Excellent Guide to Keto!

I just recently started my Keto journey and I found this book extremely helpful. There is a good mixture of general information and delicious recipes. I've made some of the recipes already and I'm not disappointed.

Chanel Heidelberg says

Negligent quick fad diet. These ideas have not been scientifically tested for human longevity. Sure, you can lose weight- you can lose weight with a variety of unhealthy methods. There has not been any civilization with this type of diet that has thrived. As Bill Nye said of the paleo diet- this is a means for people to justify the way they want to eat, disregarding scientific evidence. Encouraging this lifestyle not only offers negligent advice towards fellow humans but increases unnecessary and harmful animal consumption and environmental degradation. A balanced whole food (plant-based) diet with exercise will offer the same results but in a way that will be sustainable and healthy.

Amy says

I'm very interested in the ketogenic diet. The recipes in this book look easy enough to follow. I will have to do more research on dairy alternatives and whether or not they will work, as I don't eat bovine dairy. I also don't eat beef and a lot of seafood. Much of our seafood is spoiled from the pollution in our oceans. There are many different meats to choose from, however, so this shouldn't be a problem. I was disappointed that this book suggests sugar-free sweeteners, diet colas, and canola oil! Really? That's so unhealthy and not at all "whole" food! Other than that, these recipes look promising. Removing sugar from my diet will be challenging.

Dawn says

Love this book!

I've skimmed through a few books and I really love the recipes in this one. Easy to follow with minimal steps. Delicious. Have not had one go bad yet. The macro breakdown correlate well with My Fitness Pal. Highly recommend this.

Paula says

Seems ok

Some of the ingredients used seem questionable when I am trying to improve health. Ingredients like diet cola and canola oil.

But there are definitely recipes I'll make.

Diana says

Keto

This books contains some very good advice and answers many questions about beginning a keto diet. There are some very good recipes at the end that can help you get started, what to buy and how to keep track of macros.

Supriya J says

Very informative and a good guide for beginners. The recipes listed are very helpful and doable as well.

Andrea says

I've been doing keto for a couple of years, it is an incredibly enjoyable way to eat and lose weight without deprivation. This is a wonderful keto cookbook, it's one of my favorites for cooking for my family. I've not been disappointed with any recipes from this book. Some of my favories are prosciutto and cream cheese stuffed mushrooms, classic mozzarella sticks, and philly cheesesteak stuffed peppers.

Zackery says

Really excited to try this new lifestyle / diet. As a type 1 with not so great A1C standings, I needed to find something that will help my mind and body function better. I couldn't be happier to take the next step!
