

Keto *Cookbook* for Beginners

Low-Budget, Delicious keto
Recipes for Staying Healthy,
Eating Well and Losing Weight



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INTRODUCTION

Do you want to slim down your waistline without a strict diet?

Keto is one of the most popular and effective low-carb diets out there today. It's well-known for weight loss, but also offers many health benefits like:

- improved cardiovascular function/hypertension relief
- enhanced mental clarity and focus

- more stable blood sugar levels, reduced inflammation, reduced insulin resistance, less neurodegenerative diseases such as Alzheimer's and Parkinson's disease.

This book will discuss the keto diet in detail and show you how to implement it into your life if you're feeling skeptical.

There's a lot of confusion surrounding Keto Diet. If you're new to the ketogenic diet or just have a few questions, you've come to the right place. We'll teach you everything there is to know about this high-fat, low-carb eating style.

Using this guide, you'll discover:

- the keto diet basics
- how to start a keto diet
- why the keto diet works
- who should use a ketogenic diet
- how a keto meal plan looks
- what are some common side effects of the keto diet?
- And more!

Keto Diet Basics

What is Keto Dieting? The "keto" in Keto refers to the state of Ketosis . When you get into a state of Ketosis, your body is running on fat as its primary source of fuel. This "fat burning" process is what causes weight loss. And the benefits of this process are numerous:

How Does a Keto Diet Work? When we eat carbohydrates (sugars and starches), our bodies break them down into

simple sugars called glucose. Our body then absorbs these sugar molecules as they're needed. But when we eat too many carbs, our bodies become "carb-sensitive." This term refers to those who have elevated insulin levels. Our cells won't recognize the incoming carbs. This causes our bodies to store the excess glucose in the form of fat. And when your body is operating on fat as its primary fuel source, it can use fat instead of glucose for energy. This form of dieting has been linked to:

These benefits are primarily due to weight loss and improved insulin sensitivity. Keto diets also have a few other benefits, such as:

An improved immune system. The ketogenic diet has been found to be useful in preventing epileptic seizures in children (1). Ketones can also protect against certain types of cancer.

This diet is great for controlling blood sugar levels. It's also helpful for those going through chemotherapy, PCOS, diabetes, and those who are insulin resistant.

Why This Diet Works While scientists are still figuring out the cause and how ketosis works in our bodies, there are a few theories:

By eliminating carbs, your body doesn't have any glucose to use for energy. Since fat is metabolically inert (meaning that it can't be used as energy), it's converted into fatty acids and ketone bodies instead. This is why keto diets are often called a "fat burning" or "ketosis" diet. Your body then uses these fatty acids and ketones as energy.

By restricting carbs, we alter the way our cells use glucose. It's been shown that a carb-restricted diet increases insulin sensitivity, which can lead to fat loss (2).

SIMPLE KETO RECIPES

1. Simple Honey Baby Carrots



Preparation Time: 5 minutes

Cooking Time: 12 minutes

Serving: 4

Ingredients

- 1pound (454 g) baby carrots
- 2tablespoons olive oil
- 1 tablespoon honey

- 1 teaspoon dried dill
- Salt and black pepper, to taste

Directions

1. Place the carrots in a large bowl. Add the olive oil, honey, dill, salt, and pepper and toss to coat well.
2. Arrange the carrots in the air fryer basket and roast at 350F (177C) for 12 minutes until crisp-tender. Shake the basket once during cooking.
3. Serve warm.

Nutrition: Calories: 110 Protein: 8.14 g Fat: 8.34 g
Carbohydrates: 0.27g