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Dr. Will Cole shifts the keto rules with his cookbook, *Ketotarian: The (Mostly) Plant-Based Plan to Burn Fat, Boost Your Energy, Crush Your Cravings, and Calm Inflammation*. "This is so much more than a cookbook. And, of course, the recipes should be easy to make (unless you want more complicated ones) and delicious—if you don't like the food, you won't stick with it." —Beth Lipton, a chef who specializes in developing low carb, paleo, and keto recipes A personal note on my recommendations written above. As a dietitian, I am careful to provide lifestyle and diet recommendations, even when it comes to cookbooks. Here, the best keto cookbooks: With 150 low-carb, high-fat, ketogenic recipes, Mark Sisson's *The Keto Reset Diet Cookbook* promises to boost weight loss while helping you do keto "the right way". Founder of Primal Kitchen, the popular pantry staple brand, and writer of the Mark's Daily Apple blog, Mark Sisson lives and breathes the keto lifestyle and has become the poster child for a science-backed, disease prevention, and weight loss strategy. She offers a variety of resources, including clearly outlined yes/no food lists, a daily food journal template with thought-provoking prompts, and food sensitivity replacements. Our nutritionist consulted with a well-known keto recipe developer and chef to recommend the best of the best keto cookbooks. Not only are the recipes made using five ingredients, but most also require only one pot and come together in under 30 minutes. Popular recipes include Crème Fraîche Spatchcocked Chicken with Creamy Brussels Sprouts and Bigass Breakfast Salad with Bacon Dressing. Rocco's Keto Comfort Food Diet, by the best-selling author and chef Rocco DiSpirito, is all about honoring your love of food while adhering to keto restrictions. Specifically, the book walks you through the health benefits of the keto diet, how and why it works, and outlines structured steps to get started and maintain ketosis. A common deterrent is the amount of prep and diligence it takes to remain keto-compliant. Review the recipe lists to ensure that the dishes appeal to your tastebuds and that you enjoy the ingredients used. However, you may not know that your intake of various vegetables and fruit may be limited. Mark Sisson, the author, and godfather of the keto movement starts with a 21-day ramp-up program for beginners, so you ease into keto. Holley offers a thorough, approachable introduction to keto basics and then dives into detailed shopping lists, meal plans, and anecdotes from her own experience with the keto diet. Before you purchase a cookbook, take a look at the recipe list, which is usually located in the table of contents. Our editors independently research, test, and recommend the best products, and articles are reviewed by healthcare professionals for medical accuracy. In this cookbook, he offers helpful lists of keto pantry staples as well as healthy keto-approved ingredient swaps for grains and sweeteners. With *The Easy 5-Ingredient Ketogenic Diet Cookbook: Low-Carb, High-Fat Recipes for Busy People* on the Keto Diet, author Jen Fisch helps simplify the fairly complex diet, providing 125 quick, time-saving, and delicious recipes using easy-to-find ingredients. If you're just starting out with the keto diet, you'll probably need more guidance and explanation of the transition process, which some cookbooks offer. These no-fuss recipes truly make it simple to maintain a keto diet no matter how busy you are or your individual needs and preferences. For an excellent book for newbies and keto veterans alike, consider *The Keto Reset Diet Cookbook* (view at Amazon). The Keto Diet includes an impressive five 28-day meal plans to get you through your first month of keto eating. While that may appeal to some, the luster is sure to wear off when you see your family favorites. Rocco transforms the hearty flavors and delicious tastes of classic meals into keto-friendly dishes by using low-carb substitutions for typical carb-rich foods. No cookie-cutter meal planning here—you build your meal plan based on your needs, whether that is by calorie intake goals, by prepping what you need when you need it, or by specific ingredients you have on hand. "When shopping for keto cookbooks, I recommend looking through the recipes and making sure they utilize wholesome, real foods. From Breakfast Quesadillas and Almond Butter Smoothies to Keto Bread and Mint Chocolate Chip Ice Cream, the recipes cover all the bases, including sweet and savory options to satisfy every craving. Yes, even fiber-filled fruits and veggies contain carbohydrates that can knock you out of the sensitive fat-burning ketogenic cycle. However, a great cookbook can help to further educate you on what you can eat, offer delicious recipes to excite your tastebuds, and encourage you to maintain a ketogenic lifestyle. The appealing recipes are all vegetable-forward and utilize whole, fresh foods. "Simply Keto is a great pick for beginners and experienced keto dieters alike. When starting the keto diet, you may be prepared to give up grains and sweets and be ready for common initial side effects such as headache, constipation, and "keto flu". *Craveable Keto: Your Low-Carb, High-Fat Roadmap to Weight Loss and Wellness* was written by Kynra Holley, who's known for her popular blog, *Peace, Love, and Low Carb*. If you're looking for a keto cookbook with recipes and extensive meal plans, *Leanne Vogel's The Keto Diet: The Complete Guide to a High-Fat Diet* is a great choice. —Eliza Savage, MS, RD, CDN "Thanks for your feedback! What are your concerns? Throughout the cookbook, she offers firsthand tips on how to thrive on a ketogenic diet, including personal advice and FAQs. With 100 easy recipes, shopping tips, and a 30-day meal plan, *Simply Keto* lives up to its name and sets you up to succeed on a clear, straightforward path with tons of useful tools. The plant-based cookbook features 75 recipes that are vegan, vegetarian, or pescatarian, including mouth-watering meals like Moroccan Vegetable Tagine with Olives and Cinnamon-Ghee Almonds or Coconut Veggie Stir-Fry with Cauliflower Rice. If you're brand new to a ketogenic diet concept, you need a book that goes into detail about the dos and don'ts of this high-fat eating plan. One tool that stands out is her three-pronged approach to meal planning with full visuals. Finally, many keto cookbooks are focused on recipes that can be made in certain appliances, such as slow cookers and Instant Pots. This makes transitioning to a keto diet less of a shock, helps you avoid the "keto flu," and has you feeling great right away." —Beth Lipton, keto recipe developer and chef Recipes can be help inspire delicious, filling meals. She even addresses how to navigate alcohol, as well as dining in and out. With keto, there are a lot of recipes that seek to "game the system" by using excess fibers and processed foods to keep macros keto-friendly, but those ingredients aren't actually good for you and some people may find them irritating. It can be challenging to plan out a whole week of meals on a low-carb diet, so some cookbooks include weekly meal plans and shopping lists to make your life a whole lot easier. Even on a restrictive diet like keto, it's important to eat as varied a diet as possible, to maximize nutrients and just for the enjoyment of eating." —Beth Lipton, keto recipe developer and chef While cutting carb-filled bread in favor of high-fat butter and avocados may appeal to some, most people are attracted to the keto diet by the evidence-based results that include weight loss, improved blood sugar control, and improved lipid profiles. The text-heavy book offers several easy low carb, high-fat recipes, and a 28-day meal plan; however, it is more of a beginner's keto resource than a recipe-heavy cookbook. When you think of keto-friendly meals, you might imagine avocado, bacon, and meat on repeat. There are many excellent options when it comes to keto cookbooks. Keto cookbooks provide a large variety of tools to help you succeed, including meal plans, practical tips, scientific explanations of ketosis, and much more. The gorgeous cookbook makes even the biggest carb lover consider going keto. Keto followers will refer to this compilation of easy, delicious recipes again and again. Removing these foods reduces the intake of key vitamins and minerals in your diet and can put you at an even higher risk of experiencing constipation. Choosing a cookbook that guides you through the basics of keto and provides recipes is great, but practical tips on how to actually integrate the diet into your lifestyle in a real, approachable way are key. In the well-researched text, you'll find an in-depth explanation of ketosis and basic weight loss principles, and meal planning guides, and grocery lists. For a cookbook that's equally motivational and practical as it is educational, check out *Simply Keto* by Suzanne Ryan. He also equips the reader with a ketotarian toolbox, offering practical tips about intermittent fasting, finding your carb sweet spot, and stress management. Her tips on what to order when eating out in all different kinds of restaurants is really useful." —Beth Lipton, keto recipe developer and chef It's a lot easier to stick with any eating plan if you genuinely enjoy and crave the food! That's what makes *Craveable Keto* such a great cookbook for those diving into the ketogenic lifestyle. The recipes are easy, inventive, and delicious, making it easier to stick with the high-fat, low-carb diet. Unlike other keto cookbooks, Holley spends time discussing topics like adding spice for flavor, insider secrets to low-carb snacking, how to reduce food waste, and keto on a budget. In *Simply Keto*, Ryan details her own journey with the diet, explaining how she lost more than 100 pounds and 40 percent of her body weight by adopting a ketogenic lifestyle. However, meal plans are a fantastic tool for planning out how to enjoy and cook them throughout the week. In general, look for keto cookbooks with real food, plenty of vegetables, and limited processed food, because keto junk food is still junk food." —Beth Lipton, keto recipe developer and chef Many people choose a ketogenic diet because they believe it will help with weight loss. Take a look at the kitchen equipment needed prior to investing in a cookbook. On the other hand, more experienced keto devotees might prefer a cookbook that's light on guidance and heavy on recipes. "The principles of healthy eating are the same for keto as they are for other dietary approaches, keto just has fewer carbs. The three-tiered diet guides you through a 3-day 'cleanse' followed by a low-calorie, low-carb 21-day plan, and eventually a maintenance phase to carry the principles over into a more permanent lifestyle change. In my experience, having delicious—and compliant—recipes helped patients to enjoy their food while still meeting their individual goals. The resource—a cookbook counterpart to the best-selling *The Keto Reset Diet*—is great for newbies and experienced keto followers alike, offering tons of information about the hows and whys of keto, practical tips, and myth busters. With restrictions on what you can and cannot eat, you may find your meal and snack options limited. I also consulted with Beth Lipton, who is a chef and expert in developing keto recipes. In compiling these recommendations, I spent time reviewing research on the ketogenic diet and looking at many books. In addition to recipes, Dr. Col provides extensive evidence-based explanations about traditional ketogenic and plant-based diets—and his justification for his plant-based ketogenic merger. However, this type of diet can be challenging to stick with, especially if it's a huge departure from how you usually eat. Plus, it offers over 125 delectable recipes for a high-fat, low-carb lifestyle, including Avocado Breakfast Muffins, Salmon Salad Cups, and Zucchini Lasagna, so you can mix and match based on your individual preferences. I personally spent a year working with a physician at a large NYC hospital where we guided hundreds of patients through a ketosis-inducing low-carb diet. These types of recipes can be incredibly convenient—but only if you have the equipment needed. What's great about Vogel's approach is her acknowledgment that eating styles—including keto—are not one-size-fits-all. We may receive commissions on purchases made from our chosen links. Mouth-watering images of keto-friendly recipes—such as Avocado Chocolate Mousse, Meat Lovers' Cauliflower Pizza, and Parmesan Herbed Zucchini Fries—jump off the glossy pages. However, with the right ingredients and recipes, you can recreate some of your favorite comfort foods within the ketogenic diet guidelines. Another helpful feature of keto cookbooks is pre-made meal plans. You can learn more about our review process here. The cookbook contains more than 130 whole-food recipes, including Chocolate Peanut Butter Waffles, Shaved Brussels Sprouts Caesar Salad, Almond Joy Chia Seed Pudding, and more. The high fat, low carb ketogenic diet can be hard to stick to. It's important to find resources that are based on solid clinical research and offer constructive, health-promoting information rather than anecdotal, trendy fads. *Ketogenic Diet: The Step by Step Guide For Beginners* by Jamie Ken Moore breaks down the basics of keto in a beginner-friendly guidebook. While these cookbooks may not be appropriate for strict clinical keto patients, they are a great option for those who choose to follow a high-fat, low carb diet. "Ketotarian is a fantastic for anyone looking for lots of creative ways to incorporate vegetables into their keto diet. Oh, and some recipes don't involve any cooking at all. Even if you are buying the book online, many online retailers give you the option to take a peek before buying.

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