

TABLE OF CONTENTS

INTRODUCTION

BREAKFAST KETO RECIPES

- 2. Poached Egg**
- 3. Spinach Egg Bites**
- 4. Bacon Cheeseburger Waffles**
- 5. Keto Breakfast Cheesecake**
- 6. Egg-Crust Pizza**
- 7. Breakfast Roll-Ups**

LUNCH KETO RECIPES

- 8. Light Lunch Quiche**
- 9. Chicken Open Sandwich**

SPECIAL KETO RECIPES

- 10. Lemony Chicken Drumsticks**
- 11. Stuffed Chicken Breasts**
- 12. Chicken with Capers Sauce**
- 13. Lemony Chicken Thighs**
- 14. Bacon-Wrapped Turkey Breast**
- 15. Turkey Meatloaf**
- 16. Herbed Beef Tenderloin**
- 17. Steak with Cheese Sauce**

18. Steak with Pesto

OTHER RECIPES ABOUT KETO

19. Roasted Fennel Mix

20. Mini Peppers Mix

21. Warm Coleslaw

22. Simple Roasted Cabbage

23. Rutabaga Fries

24. Eggplant Hash

25. Roasted Veggies

26. Baked Carrot with Bacon

27. Standard Greek Salad

28. Creamy Mushrooms with Garlic and Thyme

29. Easy Roasted Broccoli

30. Roasted Cabbage with Bacon

31. Roasted Cauliflower with Prosciutto, Capers, and Almonds

32. Buttery Slow-Cooker Mushrooms

33. Baked Zucchini Gratin

34. Roasted Radishes with Brown Butter Sauce

35. Parmesan and Pork Rind Green Beans

36. Pesto Cauliflower Steaks

37. Tomato, Avocado, and Cucumber Salad

38. Crunchy Pork Rind Zucchini Sticks

39. Cheese Chips and Guacamole

SNACK KETO RECIPES

- 40. Lemon Fat Bombs**
- 41. Peanut Butter Granola**
- 42. Grilled Turkey Burger**

DESSERT KETO RECIPES

- 43. Keto White Chocolate**
- 44. Frozen Chocolate Roll**
- 45. Chocolaty Peanut Butter Cups**
- 46. Coconut Bars**
- 47. Coconut Cranberry Crack Bars**
- 48. Crunchy Berry Mousse**

SIMPLE KETO RECIPES

- 49. Marinara-Braised Turkey Meatballs**
- 50. Simple Meatballs**
- 51. Simple White Wine Drumettes**

CONCLUSION

INTRODUCTION

Low-carb, high-fat diet and it is a proven weight loss strategy. A ketogenic diet is one that consists of higher amounts of fat and lower amounts of carbs. The body metabolizes fats as energy, which leads to a breakdown process called ketosis. This causes the brain to use ketones rather than glucose for fuel, which can enable the body to use more fat stores for energy while avoiding hunger and cravings. Proponents of the diet claim that it can increase mental alertness, enhance physical performance and decrease appetite.

The Fasting Mimicking Diet (FMD) is a modified ketogenic diet very similar to Keto, which encourages the use of fasting as an effective method of weight loss for those who are obese or otherwise struggling with their weight. It has several advantages over Keto that are listed below:

- 1) The FMD gets rid of insulin resistance and blood sugar imbalances which makes one likely to shed significant pounds.

- 2) In addition to being extremely low in carbohydrates, the diet also contains high amounts of fat, which helps in reducing cravings while maintaining stable blood sugar levels.

- 3) It is also easy to follow a ketogenic diet as it contains relatively few ingredients. Moreover, you would not need to monitor and calculate your macros and intake ratios - what makes it more convenient for the busy people looking for quick weight loss solutions.

- 4) FMD is more effective than Keto diet in the sense that it involves fasting of a non- dietary nature, which helps in

generating greater weight loss results. On the other hand Keto diet has special eating plans that involve specific meal intake ratios and timing.

The FMD is popularly practised by many weight loss experts and celebrities, who have their own individual versions of it. However, the diet demands some strict discipline and preparation of the right food for the body, which is a bit tricky since there are no ready-made FMD diets available in the market. In this book we will discuss why these diets are considered as one of the best options to shed pounds quickly.

What is the Fasting Mimicking Diet?

The fasting mimicking diet (FMD) is a diet that consists of two phases. The first phase involves consumption of an extremely low amount of carbohydrates (usually 3 to 5 grams) followed by the complete fast for 12 hours. In the second phase, you will start following your body's natural hunger cues and eat foods that are already in your diet. For example, if you are used to eating meat at lunch then you can eat meat in the early morning as well. This is a modified ketogenic diet that helps one in losing weight naturally.

How it Works?

The FMD essentially induces a state of ketosis in the body during which low levels of carbohydrates are consumed to trigger an increase in ketone production. On the other hand, high amounts of fat are eaten to make up for the lack of carbohydrates. The low-carb diet helps in weight loss by increasing fat burning that in turn reduces calorie intake and allows one to lose weight naturally. Moreover, it is much easier to follow FMD than Keto as there is no rigidity involved with its plans; you can gradually increase your consumption of fatty food as per your individual needs and preferences.

BREAKFAST KETO RECIPES

2. Poached Egg



Preparation Time: 5 minutes

Cooking Time: 7 minutes

Servings: 4

Ingredients:

- $\frac{3}{4}$ teaspoon salt
- $\frac{3}{4}$ teaspoon ground black pepper
- 1 cup water
- 4 eggs

Directions:

1. Take a silicone tray, grease it with avocado oil and then crack the eggs into the cups of the tray. Switch on the instant pot, pour water in it, insert a trivet stand and place the silicone tray on it.
2. Shut the instant pot with its lid in the sealed position, then press the 'manual' button, press '+/-' to set the cooking time to 7 minutes and cook at high-pressure setting; when the pressure builds in the pot, the cooking timer will start.
3. When the instant pot buzzes, press the 'keep warm' button, do a quick pressure release and open the lid. Ensure all eggs are cooked; egg whites should be firm, and yolk should be slightly jiggled.
4. Run a knife around each cup in the tray, then gently scoop out the egg and transfer to a serving plate. Season poached eggs with salt and black pepper and serve straight away.

Nutrition: 72 Calories 4.8g Fat 6.3g Protein