



Quick Keto Meals in 30 Minutes or Less: 100 Easy Prep-and-Cook Low-Carb Recipes for Maximum Weight Loss and Improved Health

Martina Šlajerová

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Keto Meals in 30 Minutes or Less presents you with 100 delicious recipes rich with healthy fats—for breakfast, lunch, dinner, and even snacks—that are quick, easy, varied, and delicious.

The keto diet is being regarded as the go-to eating plan for **weight loss**, to **keep blood sugar stable**, or simply for **staying healthy**. However, adapting recipes to make them keto-friendly means adding cooking time, preparation, and, often, hard-to-find ingredients—challenges that are impossible to overcome when you need to get a meal on the table after a busy day. And even keto followers **can't live on avocados and bacon alone**.

Now you don't have to spend two hours making one meal! All of these ketosis recipes take a half hour to hit the table, can be made in large batches, or built into other dishes, like casseroles, slow cooker entrees, and more. Plus, **all ingredients are easy to find**, so there's no searching specialty stores.

Just a few of the great recipes within:

Eggs Florentine in Portobello Mushrooms

Cinnamon Roll Souffle Pancake

Smoked Salmon Chard Wraps

Buffalo Chicken Salad in a Jar

Chimichurri Steak Salad

Moroccan Couscous with Halloumi

Strawberry and Rhubarb Fool

Triple-Layer Frozen Cheesecake Bites

With *Keto Meals in 30 Minutes or Less*, incorporate the keto diet into your busy lifestyle—easily and deliciously.

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From Reader Review Quick Keto Meals in 30 Minutes or Less: 100 Easy Prep-and-Cook Low-Carb Recipes for Maximum Weight Loss and Improved Health for online ebook

Tabitha Tan says

Recipes looked easy to make but not exactly what I was looking for. Nevertheless, picked up some interesting meals that I would like to try.

Kayo says

Good recipes, perfect for the newbie or a chef.

Carol says

For me, this is one of those cookbooks that just has too many fancy ingredients in it. I did take away a few gems though.

Brie Peters says

Made Speedy Keto Crackers (meh), and Creamy Broccoli Soup (yum!). Borrowed from library and ran out of time to try more. Note to self: re-borrow.

Recipes of interest: Chia Raspberry jam, Blender Berry Ice Cream, Speedy Cauliflower-n-Cheese, Sloppy Joe Lettuce Cups, & BLT Deviled Egg Salad.

Monique says

Great introduction to Keto for the busy person. I'm going to embark on this journey in 2018. These recipes make me believe I can do this and not have my family suffer.

Sarah says

Thanks to Goodreads Giveaway for this book!

I've heard Keto is great for PCOS and I'm excited to try these recipes. The pictures make everything look so appetizing and they are well-written with easy to understand directions.

Lexine says

I liked reading through this cook book, there are a lot of simple recipes to follow and try out. I am looking forward to trying some out.

Susie says

Actually appetizing!

Shannon Binegar-Foster says

Great resource

I am very excited to try out many of the recipes in this book. I am hoping I will learn to enjoy cauliflower with the help of a few recipes.

Joy Schmidt says

The recipes look good and fairly easy to make. I appreciate that most of the recipes have pictures of the finished item. The information at the beginning of the book is helpful for those of us considering giving keto a try.

Christine Fisher says

Interesting recipes and most of them looked pretty appetizing. Not sure I'll make anything from it but liked the information about a keto diet and the stating of some staples that might make it easier for a beginner.

Cassandra says

Tried a few recipes and to date none of them are 30 minutes or less. Very disappointed in results. Textures are weird, flavour is bland. Wouldn't recommend to anyone
