

The  
KETOGENIC  
Mediterranean  
Diet



A Low-Carb Approach  
to the Fresh-and-Delicious,  
Heart-Smart Lifestyle



ROBERT SANTOS-PROWSE, MS, RD

# The Ketogenic Mediterranean Diet: A Low-Carb Approach to the Fresh-And-Delicious, Heart-Smart Lifestyle

*Robert Santos-Prowse*

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## **The Ketogenic Mediterranean Diet: A Low-Carb Approach to the Fresh-And-Delicious, Heart-Smart Lifestyle Details**

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Author : Robert Santos-Prowse

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## **From Reader Review The Ketogenic Mediterranean Diet: A Low-Carb Approach to the Fresh-And-Delicious, Heart-Smart Lifestyle for online ebook**

### **Irene says**

Received a copy from Goodreads Giveaways.

The book is very short and easy to read. There are references and claims that are not backed up. However, it is very much like the Atkin's Diet that I followed about 14 years ago with which I lost a great deal of weight and have been able to maintain. It is also very restrictive and not for everyone.

I will say that there are some very good sounding recipes which I will definitely try.

I intend to read more on this subject

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### **Nancy says**

Quite liked this one as the recipes are for 1 or 2 eaters.

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### **Whole And says**

Some good information and recipes.

However, the recommendation to use the microwave for a few recipes deeply concerned me with regards the author's system of thinking. Leaves me wondering 'what else might be in the book that isn't healthy but recommended as such.'

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### **Sherly says**

Received a copy from Goodreads Giveaways.

I found this book to be a great introduction to the keto diet. It was short and easy to get through. The diet itself seems really restrictive and virtually impossible for a vegetarian or vegan person. However, my roommate has decided to give it a try and has seen results in just a few weeks. Might be worth a try for a short period of time.

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### **Penni Cyr says**

Interesting write-up with down-to-earth explanations and lots of resources. Recipes are uncreative and

similar to others I've seen that don't call themselves "Mediterranean".

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### **Matthew says**

The best part is that the book has some good recipes for following the Ketogenic Mediterranean Diet.

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