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The Keto Diet is the icing on the cake. More than a recipe book, this huge (seriously, it's HEAVY!) book is an encyclopedia of the right way (in my opinion) to do keto. It's not about just eating bacon, cheese and Swerve. Leanne uses natural foods, tons of vegetables and really promotes sustainable and humane animal products. The most ...

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diet, you sometimes need to give your metabolism a jolt to really burn off that extra weight and live a healthier life.

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150 Delicious ...

Let me preface this with the fact that many of the recipes sound delicious. Also, on page 13 and 14 of the book, it accurately discusses the macros involved in a keto diet, which can be found anywhere using a simple google search for free. The general consensus is some range of 5-10% carbs, 15-20

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Amazon.com: The Wicked Good Ketogenic Diet
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diet, you sometimes need to give your metabolism a
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