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LEARNING MADE EASY



# Keto Diet

for  
**dummies**<sup>®</sup>  
A Wiley Brand



Start and stick  
to the keto diet

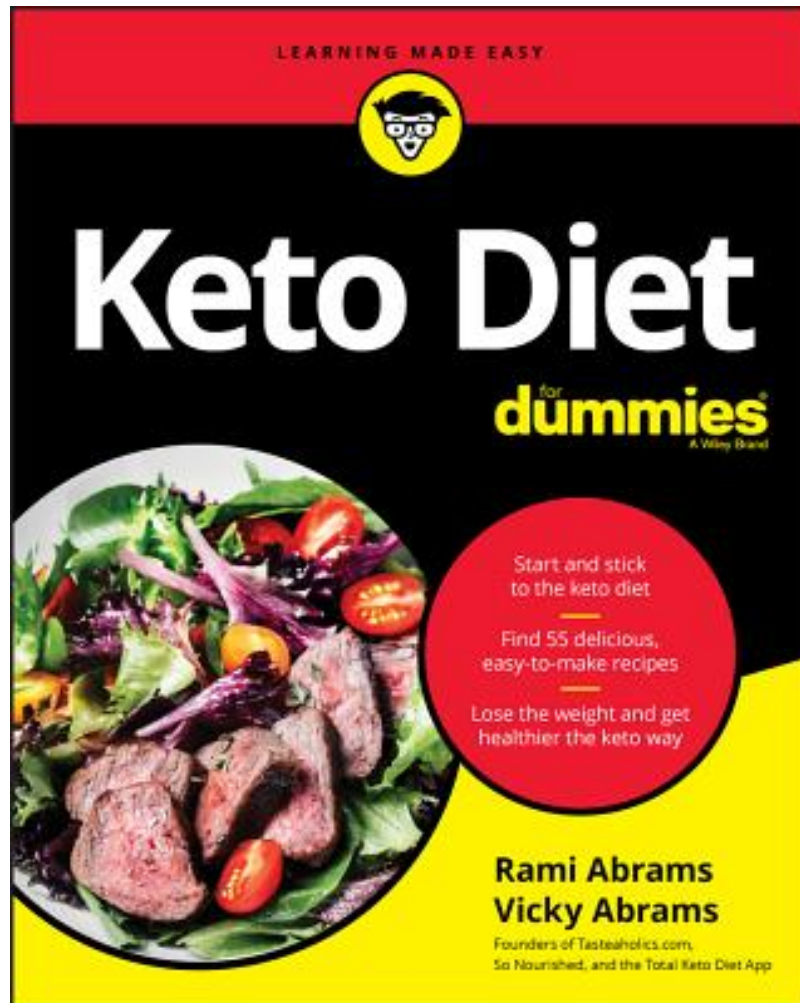
Find 55 delicious,  
easy-to-make recipes

Lose the weight and get  
healthier the keto way

**Rami Abrams**  
**Vicky Abrams**

Founders of *Tasteaholics.com*,  
*So Nourished*, and the *Total Keto Diet App*

**Keto Diet for Dummies  
by Dummies**



**SYNOPSIS**

Millions of people have lost weight and become healthier on the keto diet, and you can too! Keto Diet For Dummies is your all-in-one resource for learning about the keto diet, getting started and reaping the full benefits like so many others have. The keto diet has gained immense popularity due to its effectiveness and the ever-growing science backing it. Keto Diet For Dummies provides you with the information and resources you need to succeed and achieve your goals. With the Keto Diet For Dummies book you'll learn how to: Stock a keto kitchen Prepare more than 40 tasty keto recipes Eat right while dining out Overcome any obstacles Enjoy a healthier and more rewarding lifestyle Recipes in Keto Diet For Dummies include: Blueberry Almond Pancakes, Avocado Cloud Toast, Meatball Marinara Bake, Cashew Chicken Stir-Fry, Salmon with Avocado Lime Puree, Pan-Seared Pork Chops with Apple, Creamy Cookie Dough Mousse, Lemon Jello Cake, Key Lime Panna Cotta and much more! The keto diet (also known as

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