

KETO COOKBOOKS AND RECIPES

Disclaimer: There are many recipes and cookbooks available in bookstores and online. This list contains a limited selection of options that may be of interest. It is recommended that health care professionals and nutritionists who are recommending the Ketogenic Food Plan familiarize themselves with all options available to provide valuable resources to the clients/patients they work with. It should be noted that many cookbooks and recipes that are labeled “keto” may in fact only be low-carb or Paleo friendly. It is advised to use your professional judgement in selecting recipes or cookbooks that are suited for a well-formulated ketogenic food plan.

THE KETOGENIC KITCHEN

By Domini Kemp and Patricia Daly

This is for those who want meal plans and recipes served up with great meal prep tips and other valuable keto-for-cancer information. Both authors are cancer survivors, and their book is divided into two distinct approaches: Patricia Daly's is ketogenic and Domini Kemp's section is low carb. Daly offers meal plans that serve as a starting point for those who thrive on structure and are willing to use a scale to weigh foods (highly recommended). Some adjustments need to be made for those who wish to make single servings or who are not interested in including organ meats (which are more commonly consumed in Europe). Kemp's section reflects a more moderate view of a sustainable low-carb lifestyle.

QUICK AND EASY KETOGENIC COOKING

By Maria Emmerich

and

THE KETOGENIC COOKBOOK

Jimmy Moore and Maria Emmerich

Both books are best suited for people who are comfortable with whole-food cooking and enjoy the process of meal preparation. The lavish illustrations are inspiring, and both books include charts and other aids that are easier to follow in the print versions.

200 LOW-CARB HIGH-FAT RECIPES

By Dana Carpender

In stark contrast to Emmerich's books, there are no illustrations here. Instead, you'll find no-nonsense, easy-to-prepare, field-tested recipes. Although there are a few recipes that yield two servings, most yield four to six servings, which is a great option for those who want to limit actual cooking time to just a few days per week and store leftovers in the fridge. Carpender also offers tips on food prep and a backstory for each recipe.

THE MODIFIED KETO COOKBOOK

By Dawn Marie Martenz with Beth Zupec-Kania, RDN, CD

Dawn Martenz is mom to a keto kid and Beth Zupec-Kania is the consultant nutritionist for The Charlie Foundation. This is their second collaboration, this time designed for those who desire a more liberal keto diet plan. The recipes included here are ideal for those who are easing into (as opposed to jumping into) a keto diet

plan. All recipes include gram weights as well as standard kitchen measures, which also helps with a gradual transition. The major difference in presentation is that servings include information on diet ratios, not macros, which may be hard for some to translate.

BLENDER KETO: A GUIDE TO MAKING BLENDED FORMULA FOR KETOGENIC THERAPY

By Beth Zupec-Kania, RDN, CD

This pamphlet is a labor of love and a much-needed resource for those who need to consume all-liquid diets part or all the time—or who receive their nutrition solely through specialized feeding tubes. Although many recipes use formulas developed for severely compromised keto kids, others are based on whole, fresh foods. Available only through The Charlie Foundation website.

SWEET AND SAVORY FAT BOMBS: 100 DELICIOUS TREATS FOR FAT FASTS, KETOGENIC, PALEO, AND LOW-CARB DIETS

By Martina Slajerova

Fat bombs are a great way to incorporate more fat into the diet. Martina Slajerova's website, KetoDietApp.com, features "60 Amazing Fat Bombs," but you may prefer to purchase this compilation as a handy reference for your keto bookshelf.

THE ONE POT KETOGENIC DIET COOKBOOK

By Liz Williams

Over 100 recipes for the busy individual following the keto food plan. Most recipes are ready in 30-45 minutes, have 8 or less ingredients and require less prep and clean up time. While you won't find pictures of the recipes in this cookbook, a quick glance reveals the macros in each recipe.

THE COMPLETE KETOGENIC DIET FOR BEGINNERS

By Amy Ramos

There is a 14-day menu plan along with 75 recipes provides the "keto quotient" rating for each recipe. The "keto quotient" image rates the recipe on the amount of fat it contains, from less than 69% of calories to more than 80% of calories along with easy images to indicate if the recipe is dairy free, gluten free, nut free and/or vegetarian.

THE EASY 5-INGREDIENT KETOGENIC DIET COOKING

By Jen Fisch

The name says it all! These recipes will require 5 ingredients or less, one pot, one pan or one dish to prepare them and most require 30 minutes or less from beginning to end.

KETO SNACKS

By Lindsay Boyers

This book includes keto friendly snacks from fat bombs to savory appetizers. Many recipes include the image of the finished snack along with additional “tidbits” of information about a key ingredient.

30 MINUTE KETOGENIC COOKING

By Kyndra Holley

The images of the recipes will make it hard to decide which recipe you will want to try first and as the name implies, these 50 recipes will be ready to eat in 30 minutes or less. Each recipe also identifies if they are egg free and nut free.

Favorite Sources of Online Keto Recipes (most other “low-carb” recipes are too high in protein and/or carbs):

1. <https://www.charlifoundation.org/resources-tools/resources-2/find-recipes> (All Keto approved.)
2. Dr. Eric Westman: Diet Doctor recipes: <https://www.dietdoctor.com/low-carb/recipes> (There are low carb OR Keto only recipes.)
3. Keto Diet App: www.KetoDietApp.com (Requires monthly subscription to the app, which includes recipes but can also be used for food tracking.)
4. www.ruled.me (Carbs are low, but protein may be too high.)
5. <https://blog.virtahealth.com/> (Search for recipes on this blog site.)