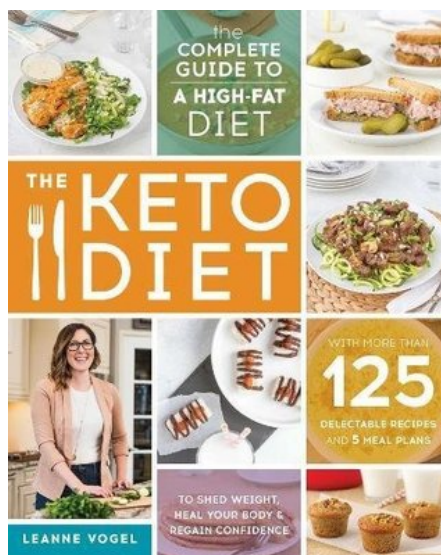




# **The Keto Diet: The Complete Guide to a High-Fat Diet, with More Than 125 Delectable Recipes and 5 Meal Plans to Shed Weight, Heal Your Body, and Regain Confidence**

*Leanne Vogel*

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## **The Keto Diet: The Complete Guide to a High-Fat Diet, with More Than 125 Delectable Recipes and 5 Meal Plans to Shed Weight, Heal Your Body, and Regain Confidence** Leanne Vogel

Leanne Vogel, the voice behind the highly acclaimed website Healthful Pursuit, brings an entirely new approach to achieving health, healing, weight loss, and happiness through a keto-adapted lifestyle with The Keto Diet: The Complete Guide to a High-Fat Diet. For too long we've blamed dietary fat for weight gain and health problems. The truth is, a diet that's high in natural, healthy fats can actually help your body burn fat! That's the secret behind the ketogenic diet. As you get more of your calories from healthy fats and cut back on carbs, you'll start burning fat, losing weight, and feeling strong and energetic-without feeling hungry or deprived. The Keto Diet does away with the "one size fits all" philosophy offering a customizable approach that is tailored to the unique needs of the individual. Leanne provides the tools to empower everyone to develop a personalized nutrition plan, offering limitless options while taking away the many restrictions of a traditional ketogenic diet. A one-stop guide to the ketogenic way of eating, The Keto Diet shows you how to transition to and maintain a whole foods-based, paleo-friendly, ketogenic diet with a key focus on practical strategies-and tons of mouthwatering recipes.

## **The Keto Diet: The Complete Guide to a High-Fat Diet, with More Than 125 Delectable Recipes and 5 Meal Plans to Shed Weight, Heal Your Body, and Regain Confidence Details**

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## **From Reader Review The Keto Diet: The Complete Guide to a High-Fat Diet, with More Than 125 Delectable Recipes and 5 Meal Plans to Shed Weight, Heal Your Body, and Regain Confidence for online ebook**

**Cortney Hoch says**

**Love this book!**

This was a very comprehensive guide to me beginning my keto journey. I will recommend it to anyone!! Leanne is very knowledgeable and I feel that she's answered so many questions with this book!

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**Deborah Schultz says**

I think the author did a great job organizing the book, making it easy to follow. She did a great job of giving alternatives for so many things, and referring back to where you could look at more details. For example, when looking at grocery lists and meal plans, she refers you back to the pages about each diet plans pages. She uses a high-speed blender, but tells you cheaper alternatives. Her diet is non-GMO, and grass-fed, pasture free, organic everything. But she gives some practical alternatives, such as buying regular meat, lean and adding your own oils to make them leaner. The problem I have is her use of weird ingredients - such as making muffins from ground flax seeds. All I can say about those muffins is they were edible, but I would have enjoyed eggs more. I don't want to drink coffee or tea with oil in it. She does have a page of one pot recipes that I really like and think I would do better with that - it's along the line of pick a vegetable, a meat, an oil, a seasoning and stir fry, but with enough details to make it follow the keto diet plan. I would recommend this to anyone who wants to follow a keto diet, and doesn't mind either counting nutrients or following a meal plan with oddball recipes. I tried the counting macros for a couple weeks, and got tired of it. I tried the meal plan, and got through one breakfast.

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**Alfredo Canziani says**

Real title: "KETO for STRUGGLING WOMEN". Summary: autobiography and ambiguous info you should \*NOT\* trust.

Just went one chapter through, and... it's boring like hell.

It's all about her problems, insecurities, and whatnot. Leanne starts with an autobiography, which I couldn't care less about.

In addition, the books starts with: "The author is \*NOT\* a licensed practitioner, physician, or medical professional [...]. The information presented herein has not been evaluated by the U.S. Food and Drug Administration [for correctness, and therefore we discourage] the use, application, or interpretation of the information presented herein [and we] claim no responsibilities."

In short, "I sold you a book about me and stuff you shouldn't absolutely trust."  
Nice purchase...

\*\*\* UPDATE 13 Feb 2018 \*\*\*

Alright, read up to chapter 3, included.

Pro: (1) I really like the illustrations. They convey information in a clear and concise manner. It looks like a text book. (2) There is some (scientific?) information clearly conveyed by the author. I am learning something (which was not verified by the FDA, therefore unreliable).

Con: (1) "We women are made differently, therefore [...]" I'm not a \*woman\*. So, what about the ones who are "not made differently"? Differently from what, also? I feel so discriminated... Guess what, the title should have been "KETO DIET for WOMEN". I "love" also some rhetorical questions, like "Do you recall when you last had your cycle?" -> "Hmm, yes, never.". (2) Every suggestion is also a non-suggestion. "Did you know you can count net carbs as total carbs minus fibres? The net carbs are the one we want to limit. But I'll limit both, just in case. You do as you wish." And here I get angry. Are you stupid or what? "Let's limit the veggies, because they count as carbohydrates, even though you won't be able to assimilate them." Never trust anyone telling you to limit your veggies. (3) Actually, the title should be "KETO DIET for WOMEN who miserably FAILED KETO before". A common topic is reminding how hard it was for you, the reader, to follow KETO or other stringent diets. Guess what, this is my first diet. Therefore, I cannot relate to any of the things your alluding.

So, although the author tries to convey and expose something, I believe there was no reviewing process, or the reviewer failed to address the title choice and content organisation. It's fine to tell how men and women differ, given that you talk about both. Perhaps put a pink or blue box around content relevant to women or men only respectively. Also, a green box around "science" (or notions), so I can skip all your personal life troubles. In conclusion, over the first 80 pages, there are roughly 5 pages of information and 75 of BS.

\*\*\* UPDATE 17 Feb 2018 \*\*\*

Just discovered this is DAIRY-FREE KETO. Now I do really feel misled. Leanne, didn't think to include this upfront, perhaps? Just because your dairy intolerant, you suggest most of us are? Are you nuts?

Also, there is no whatsoever citation of any scientific study, although there are a bunch of articles in the Sources chapter. This is poor scientific writing. Oh, wait, it's not scientific writing at all. It could have been a 5-start book with so few changes. Why didn't you have it reviewed it? Why???

\*\*\* UPDATE 25 Feb 2018 \*\*\*

I took a break... Now I'm back to it.

And... so many supplements! Something's telling me that this diet is flawed, otherwise you wouldn't so many of these...

Finally, when someone says "GMOs are dangerous" means s/he is just plain ignorant. There is research behind GMOs, and if you're not holding a degree in genetic engineering, well... just keep your opinion for yourself.

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## Nicole says

I REALLY like her.

Her enthusiasm is wonderful, the layout is so incredibly enjoyable, and I looked forward to reading it each day. I'm super thankful I came across this in Costco, and she's instilled a lot of confidence and enthusiasm in me to try fat-adapting my body. I've made numerous recipes and loved them all. I can't imagine writing this tome, I'm super impressed with its scope.

I cannot say enough how much I appreciate this book. Much love to Leanne, and apologies for my criticisms which I'll add below...

There are some minor mistakes, like not listing coconut oil for sautéing (am I wrong?), but later listing it for her roasted pan at 400F when it's smoke point is 350. And at one point there's a sentence that reads as if all grains have gluten. Super small errors, apologies for my love of editing. As well, I think some of the claims, while perhaps true anecdotally, might be overstated from a scientific evidence perspective. As well, though the paleo approach seems to work for me, I feel like aspects of the diet may be overstated in this book. For example, from the doctors I listen to (Mark Hyman, Chris Kresser, Rangan Chatterjee), it seems like the verdict is not fully in on using saturated fats liberally (as suggested in the book)... only that certain versions are good for us and we shouldn't fear them as we used to. That said, I'm not going to town on them, but I'm also not scared of them.

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### **Alisia says**

This is definitely THE keto book that you want to read, not only if you're a beginner, but even if you've done the keto lifestyle for a while, this book is packed with useful information. I wasn't a big fan of several of the recipes included, but won't let that take away from the 5 star review. The writing style is laid back and she doesn't make things clear and easy to comprehend.

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### **Paula says**

There is SO much awesome information in this book! If you want to know about Keto, this is the only book you need. This book has the only bread recipe that works for me and that I like. And the RFL has changed my mornings. If you're at all curious about Keto, I highly recommend this book.

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### **Danielle Whittemoore says**

This book has so much more than just recipes in its pages! I LOVED reading through all of the information. Some of it, I already read before, and some I didn't know. So it's a good read whether you've been thinking about doing keto or if you're already doing it. Plus the recipes look amazing! I've tried Leanne's Rocket Fuel Lattes for the last week now, and I LOVE them! ^\_^

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### **Emma says**

I love, love, love this book. Leanne is the Keto Warrior of Women. No diet works the same for every body, and certainly women's bodies function so differently from men's. Leanne has built a blueprint for women to customize the best diet for each individual. I love her method of finding exactly what works for your body. I am two weeks into the program, I am already down 5 pounds, but even more excitingly, I feel amazing! I have more energy than I have had in over two years, my brain fog has lifted (I didn't even know it was possible to lift), the constant fatigue that has plagued me the last two years, has finally relented, and I've finally been excited to return to my workout routine. Leanne Vogel has changed my life for the better, I cannot recommend her book enough. I also highly suggest checking out her podcast and youtube channel, she oozes valuable information. Thank you Leanne!

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## Donna says

I have read many books on food choices related to health. For me, life-changing books have been about eating for your blood type, eating food that is in season, dieting while not slowing down metabolism, preparing grains, nuts, legumes and seeds properly, eating only non-GMO foods, and eating according to one of the 12 metabolic types. Each book has made a significant improvement in my health, changing my ideas about man-made foods and government-inspired harmful food pyramids and food industry propaganda.

This is another life-changing book. For so long, people have been told to eat harmful fats and to reduce fat while increasing carbs, even if they are heavily processed. Now the public is becoming interested and informed about the proper healthful consumption of fats. Many best sellers have been written on the ketogenic diet. This diet is to restore and promote health. It is not intended as a weight loss program, although with proper health and the removing of carbohydrate cravings, weight should normalize by itself.

I have read with interest some of these books but could never get a keto food plan to work for me until I read Leanne's book.

Why? Because most of the Keto books are written by men and most of them did not have eating disorders. Leanne has the experience of her own radical health improvement after recovery from eating disorders by using a keto diet. But she first had to deal with the hormonal fluctuations that make keto eating almost impossible for some women--the intense carb cravings, not lasting through the night without waking up from hunger, and not being able to delay breakfast for short intermittent fasting.

She accomplishes this with her "rocket fuel" high fat, low carb beverage that does not trigger insulin or stop fat-burning, and so does not "count" as a meal to the body. This beverage makes it possible to eat a ketogenic diet without difficulty.

Because she understands the hormonal problems of women, unlike any other keto diet author I have read, she has designed 5 programs according to a person's individual needs.

She teaches the reader (and her clients) how to listen to their own bodies and to adapt the program to serve their bodies. So there are strict keto diets as well as 3 programs with increasing levels of carb-up's and a transitional program for someone who will never succeed at abruptly changing eating habits. I have never seen this in any other keto book.

In addition, she accomplishes this all without counting macros or calories. Her recipes are simple. She has month long plans for each of the 5 individual programs. She uses leftovers and freezing and simplified techniques to make meal times quick. But her meals are tasty.

For most of the books that I have read with eating plans, whether to deal with yeast problems, inflammation, metabolism, blood types, etc., in order to find recipes, ingredients, instructions, etc., I have had to go through the books and tabulate recipes, ingredients, ratios, calories, and my "forbidden" ingredients, etc. By the time I get finished with a book, it is full of chicken scratching and bent pages. Not so with this book. You can select any program and find in a table the suitable recipes. The tables and recipes will provide other information such as making the recipe nightshade-free, FODMAP free, egg-free, autoimmune protocol acceptable, etc. About the only thing that it does not include is blood type ingredient labeling.

But that is not all about this excellent book. This book has probably the highest standard of any book I have ever read. The pages are thick and not easily damaged by spills or splatters. There are color illustrations. Macro ratios are calculated. So you could simply read the second half of the book and follow this eating plan successfully.

But the first half of the book explains the intricacies of the body's response to food, especially fats. It explains the science behind keto eating. It explains how to shop for foods, detailing the differences in label meanings, making brand name recommendations and providing sources for difficult-to-find foods such as grass-fed and grass-finished meats or non-GMO organic canola oil. It explains short cuts so that a keto meal can be made in 10 minutes from start to finish. It explains how to eat in restaurants and how to eat when traveling.

It explains how to tell when you are in ketosis without doing all of the expensive and complicated ketone testings, how to tell which of the 5 programs is most suitable for you, how to know when to change from one program to another, how to match exercise to programs, and just about anything else that you need to know about keto eating.

For people who are visual learners, much of the content is summarized in brightly colored tables which simplify the text. Symbols rather than words make it fast and simple to make comparisons and to find what you are looking for.

I have never written a review of a book of this type, but this book is so exceptional. Other books may be equal in theoretic content or even in practical applications. But none of them have succeeded in simplifying... with success for her clients and readers... the ketogenic process while adapting it to individuals, especially females. The major problem with almost every book of this type that I have read is the "One size fits all." attitude toward diets. That does not work. Each person's metabolism is different. Leanne helps the reader to realize that she is responsible and able to listen to her body and provide it with its needs; for many readers, their carb requirements are much higher than those recommended in other programs but unless they receive these extra carbs, they will not go into ketosis.

I think this is the biggest secret to success in this book. Theory is fine. Charts and tables and recipes and macro counts are fine. But if you go through a book and do everything it says, but you are driven crazy by cravings after 2 days, your health suffers, you wear out and the book ends up in the garbage, despite its theory and pretty pictures and many recipes, well, that has been a waste of your life.

When your body craves carbs and you have had enough fat, for some people the carb levels must be increased. I think that Leanne consumes more than the recommended carbs on some days, but she does it when her body needs it. And she stays in ketosis...

No other book that I have read has explained this and made it work. Not only does Leanne say that in these circumstances, you should have more carbs, but she also says that you need them and they are good for you and you will stay in ketosis. Leanne has a plan to make it possible to eat extra carbs when necessary but not get off the keto diet. Other books do explain how it is harmful to remain on the severely restricted carb levels of most keto diets and how to include some carb-up days. But they do not make it as clear and simple as Leanne does.

If you have not been successful at eating keto and have felt like giving up, give it one more try, this time with Leanne's book. Or watch her Youtube channel. This ketogenic lifestyle might be the missing link for you. I wish that I had found her book first before purchasing other books and trying their frustrating methods that never dealt with women's hormonal problems or individual body types. Almost instantly, eating a ketogenic diet went from difficult to easy. The best comment that can be said of any book is "It works." This book "works".

### **Anna says**

Very informative & an easy read. A lot of care has gone into this book.

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### **Tasha says**

I'm new to this whole keto thing but I can tell that the approach laid out by Leanne Vogel is wonderful. She does not lay out regimented ideas and does not require all that macro tracking. As someone who can fall into the perfectionist category with all it's stress and anxiety, I am thrilled to have an approach like hers to try. The book is so much fun to read! What a creative and fun approach! So much great info, the recipes looks fabulous and it's a wonderful reference to get anyone started on keto. So far I've made fat bombs and her Rocket Fuel Latte and they are my go to breakfast and it's been awesome to switch over from plain green tea and a lara bar. I'm excited to try her other recipes and maybe even one of the several great looking plans she has laid out in the book.

I don't normally read cookbooks from cover to cover nor do I ever really rate them here but this one I felt needed a shout out. Fun and encouraging!

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### **Tess Coil says**

Easy to follow and understand, Leanne makes the Keto Diet friendly for beginners. She offers substitutions for recipes along with ways to make meals quick for busy families.

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### **Christi says**

Loved this book! For anyone interested in understanding a Keto diet and how it works within your body, this book is fantastic with tons of great information to help you understand this style of eating and it's health benefits.

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### **Katie says**

This book was helpful, and the graphics at the beginning were really helpful with learning about the diet. Having said that, part of the book were kind of all over the place and it was hard to follow at times, especially for someone not familiar with the keto diet. The cookbook section was... well. I'm sure there are plenty of good recipes in there - and I tried about 5 of them, and wasn't disappointed in them, but they were pretty overwhelming. Leanne wrote several times that she likes quick recipes and she's not a huge fan of cooking, but... yeah, these aren't quick recipes. Like, none of them. Maybe some of the fat bomb recipes are quick. But none of the actual meals are quick, and a lot of them require items that I had to seek out on Amazon because they were so difficult to find (like collagen peptides, and Swerve). Leanne discourages dairy and I didn't like that. I LIKE cheese, and cheese is totally allowable on the keto diet. So a lot of her recipes required unusual ingredients (like coconut milk or coconut cream) because she avoids dairy. And again, I'm sure that's GREAT for some people, but the book wasn't advertised as a non-dairy keto diet, so I



didn't really like that. I will definitely continue to use some of her recipes - I really liked the herb blend recipes and some of the fat bomb recipes. But since I've read this, I've ordered two other keto books with "easier" recipes, and I've relied on Pinterest a lot more than I have this cookbook. Still, I learned a lot and it was informative, and I don't regret reading it - I just don't have enough time to cook her meals, with a full time job and a toddler.

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## **Crystal Nuhfer says**

### **Love Leanne's Approach!**

I tried keto before and while I felt great initially, I ended up getting really anxious and frustrated because I was stressing myself out over macros and what I wasn't "allowed" to eat. Leanne's approach is so much healthier for me and leaves me feeling positive and hopeful.

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