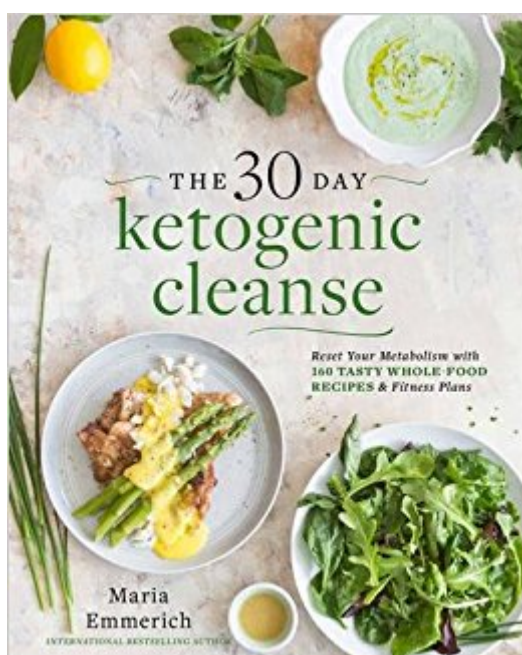


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# The 30-Day Ketogenic Cleanse: Reset Your Metabolism With 160 Tasty Whole-Food Recipes & Meal Plans



## Synopsis

For those who are brand-new to keto and those who are getting back on track after falling off the wagon, the first 30 days on a ketogenic diet can be challenging. As the body adapts to burning fat (ketones) rather than sugar for fuel, cravings can arise, and some people find that they just don't feel so great. Many fall victim to the temptation to give up before they can truly experience the benefits of being keto-adapted. The 30-Day Ketogenic Cleanse isn't like most juice or other cleanses where you starve throughout the entire process. Keto expert Maria Emmerich offers tasty whole-food recipes—all dairy-free and nut-free—that are filling and satisfying and keep cravings at bay. Plus, she offers helpful tips and tricks for making it through the adjustment period. The 30-Day Ketogenic Cleanse is a guidebook for healing the body from the inside out. Most people attempting a keto diet do it completely wrong. Maria Emmerich, on the other hand, bases this cleanse on a true, well-formulated ketogenic diet, helping readers reset their metabolism, regain health, lose weight, and tap into increased energy levels. This book includes:

- A detailed explanation of how sugar causes inflammation and leads to disease
- 30-day meal plans to kick-start ketosis, with corresponding shopping lists
- 30-day Whole30-compliant meal plans, with corresponding shopping lists
- A wide variety of amazing recipes, with suggestions for combining those recipes into delicious and satisfying ketogenic meals
- Easily accessible lists of approved keto foods and foods that hold people back from ketosis
- Tips on how to eat to balance hormones, sleep better, feel better, and lose weight while following a ketogenic diet
- Guidance for maintaining ketosis after a successful 30-day cleanse
- Recommendations for supplements to help heal from poor eating habits
- A bonus slow cooker chapter to help make life easier!

## Book Information

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## Customer Reviews

Maria Emmerich is a wellness expert in nutrition and exercise physiology. She is the author of several cookbooks and three nutritional guidebooks, including the global bestseller *The Ketogenic Cookbook* and *Quick & Easy Ketogenic Cooking*. Maria's blog, [mariamindbodyhealth.com](http://mariamindbodyhealth.com), offers a unique combination of innovative recipes using alternative ingredients to less-healthy options and easy-to-understand explanations of why these options are better for our health.

Maria's success stems from her passion for helping others reach and sustain optimal health through programs and education that work on a personal level. She understands the connection between food and how it makes us all feel inside and out. Her specialty is brain chemical neurotransmitters and how they are affected by the foods we eat. After struggling with her weight throughout her childhood, she decided to study health and wellness so she could help others who are discouraged by their appearance and do not feel their best. The nutrient-rich, relatively high-fat dietary approach that she developed for herself and the exotic, little-known replacements for typical high-glycemic starchy foods and sugar are what finally gave her total peace with food, something she never imagined possible.

I bought this book digitally last night for a few important reasons. 1) I respect Maria Emmerich. I have been doing keto for a number of months and have a few of her books. She is very informed, and does a lot of recipe experimentation that busy people don't have the time/inclination to do. 2) The recipes in this book are nut and dairy free. Having been eating A LOT of dairy on a standard keto diet, I've become very inflamed and realized that I actually have a dairy intolerance...mainly, rheumatoid arthritis has flared up, something I did not know I even had. I chose this book because I thought it would help me learn a lot of non-dairy options...I think it WILL do that. So, I have not made anything in this book yet (full disclosure). The reason I'm already rating this book a THREE already is because I work from home and have a flexible schedule, yet even I cannot imagine cooking everything needed on this 30 day plan. I have spent the last hour and a half looking at the recipes and figuring out what I might do. It's just overwhelming! To illustrate my point...to eat on the very first day you will have to be making a fried shredded cabbage & bacon "rosti" for your first meal, then make an umami burger for your 2nd meal which INCLUDES roasting bones for bone marrow, AND ALSO

fry 1 lb chicken wings in 2 cup of coconut oil/healthy paleo fat...for ONE MEAL! I cook all the time, and complicated meals, at that...yet I cannot imagine for ONE meal, making deep fried chicken wings...just to eat 2 in that meal, roasted bones for marrow and pan fry a burger. Don't misunderstand me, it's not about all the fat, the FAT is good and helps you get into ketosis...but the TIME COST and the MONETARY Cost...2 cups of coconut oil is expensive to just fry 1 lb of chicken wings. And I forgot to mention, you also have to bake keto buns for that DAY 1 burger...yet I did not even SEE keto buns anywhere else in the first week's menu. NOT REALISTIC! To be fair, many of these cooked items are then rotated into the subsequent days' menus...however, she often waits up 4 days to rotate a cooked protein back into the menu. (You eat the left over day one burger on day 5, and the left over chicken wings on day 6.) That is just too long. I do not like to eat cooked meats that have been sitting in the fridge more than 1-2 days after being cooked...they lose a lot of quality/taste after the 3rd day in my fridge, especially chicken. I don't mind eating the next day, but as it is written, it means that I really cannot follow her menu plans at all...because on day 6, you might be eating something prepared from day 1, day 3 and day 5....meaning you HAVE to have cooked all of those items and been willing to save them for that long. For me, I am disappointed that I can't just follow a more simple plan. It's just TOO MUCH cooking to make it practical. I fully understand that being successful on keto is a lifestyle change, and I am living that lifestyle already. I can't imagine following this if you do not already have some paleo/keto ingredients under your belt...and a lot of time for cooking. I am hoping that I will find at least 10 recipes in this book that are non-dairy and delicious to incorporate into a more simple routine. I don't need to add such great stress to my life. I do appreciate the work put into this, but I feel like she had a collection of recipes and "forced" them into strange combinations for a day. Another example of this is that for ONE DINNER you make a slow-cooked Cuban stew that makes 6 servings....but you eat a rather small serving so that WITH IT, you have to prepare and eat a lump crab salad with homemade mayonnaise on lettuce... that is almost identical in calorie/fat/protein/carb to one of the stew servings. So, why not just eat an add'l serving of stew for that dinner? Who eats cold crab salad with a meaty stew? Why not a nice side dish of cauliflower rice to soak up the delicious liquid from the stew? These are the things that I just think are wildly impractical. Not to mention expensive...beef brisket AND lump crab in one dinner? Come on! Finally, if you want to have a million keto recipes for eggs, great book! The first week shopping requires 4 dozen eggs! (I think 1/2 doz go straight into that keto bread.) If I do find a lot of wonderful recipes, I may feel better about this book. I will update in a few months.

I love love the book!!! The recipes are to die for!! The book makes it easy to get your keto life started!! We just completed our 3rd week and My fiance is down 26 pounds and i am down 14!! This book has been life changing for us.

Beyond amazing!!! I've had trouble losing weight for years even when exercising hard core 2 times a day and eating Keto without any cheats at all. I could not get below 165lbs no matter what I did or how many times I worked out a day. The moment I began following this menu plan, I began losing 1 pound a day on average. The book is full of information to explain the hows and whys about this Keto diet and cleanse. It has helpful menu plans to tell you exactly what to eat , recipes of exactly how to make them, and extra recipes to mix and match and make your own menu. The recipes are delicious and full of healthy fats to keep you satisfied. The way the book is layed out, it's the easiest, no Brainer way to lose weight and feel great. I would recommend this book to anyone! In addition to losing weight, It helps with weight stalls, and with many types of health issue. I've read first hand of many people's different health issues that have been resolved by following this plan. I seriously cannot recommend this book enough! Beyond thrilled with my results and how I feel. Lost 30 lbs in the first 30 days and I'm starting the 30 days again and will continue till I reach my goal

I purchased this book because I wanted to do a cleanse while on keto. I have been off and on low carb diets for a couple of years and I find that this is the best way of eating for me. I started a keto diet staying below 30 grams of net carbs about 5 weeks before starting this cleanse. During this time I lost 8 lbs. I started the cleanse using this book 1 week ago and I have lost 7 lbs. I was worried about being able to fast and not eat breakfast but I haven't had a problem. My appetite has decreased and I feel much better. The pros: \*Beautiful pictures for recipes\* Great tasting recipes (haven't found any I haven't liked; however, there are several we tried this week that are going to go in our regular routine) \*Great information that is easy for the average person to understand\* Shopping lists that take all the guess work out \*Meal plans that can easily be changed for someone who needs less prep time, doesn't like certain ingredients, etc\* The author keeps a facebook page for support and answers questions asked by people doing the cleanse \*The author is obviously well versed on this topic\* Started cooking with fresh ingredients and spices. The only thing I haven't prepared yet is my own mayo (there is a recipe in the book) The Cons: \*first meal recipes are heavy on the eggs (disclaimer: I haven't had a hard time substituting recipes in their place when I don't want to have to reheat eggs. The egg recipes that I have tried are delicious)\* recipes are time consuming In conclusion, I would highly recommend this book and will be giving copies to a couple

of people as gifts. Even my husband has started reading it. He hasn't started the Cleanse yet but he is following a LCHF diet with me (not fasting) and he's loving many of the meals. Plus I am home cooking everything from scratch. If you purchase the book, plan to take a couple of days and gather the ingredients that you will need. The first week is the hardest because of all the time needed to prep. The second week is much easier. I started to make meals on the weekend and freeze them. I've included some pictures of some of the meals that I have prepared using the recipes in the book. (The pictures in the book look so much better and I am an average cook not the greatest): Eggs Florentine with Basil Hollandaise Sauce, Reuben Pork Chops, Marinated Mushrooms, Keto Greek Avgolemono, Tom Ka Gai (Thai Coconut Chicken), Hot and Sour Pork Ball Soup, Chicken Neapolitan, Bacon Eggs and Ramon, Mushroom soup, Scotch eggs, Warm Mushrooms and Eggs.

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