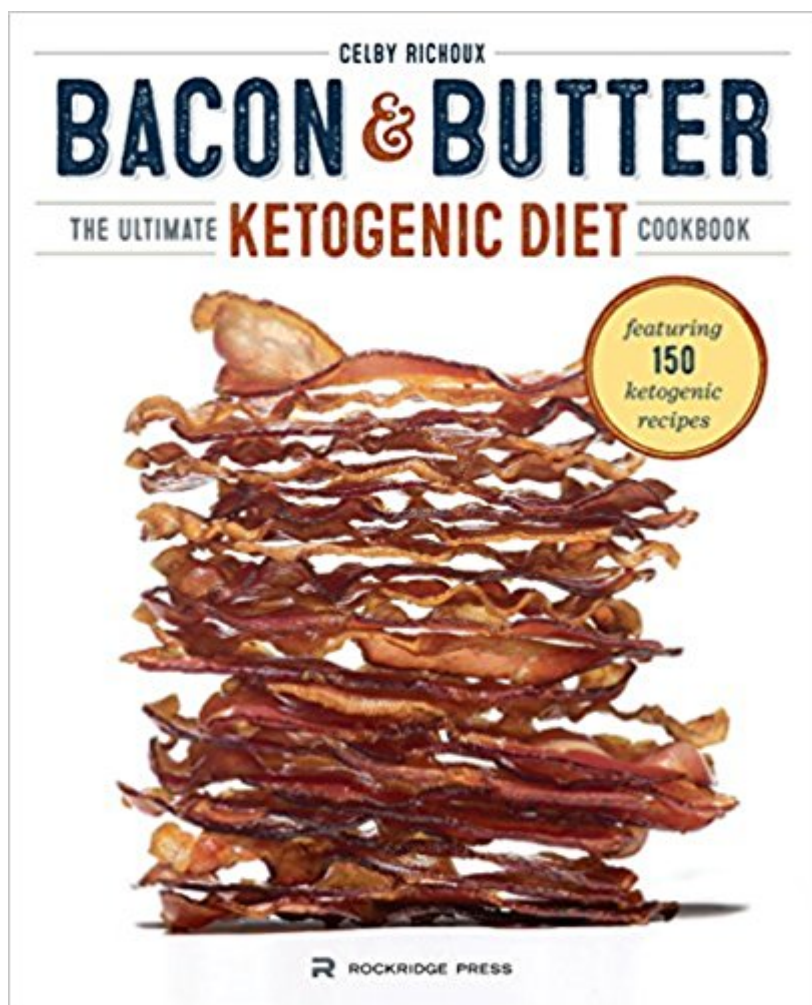


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# Bacon & Butter: The Ultimate Ketogenic Diet Cookbook



## Synopsis

“I love this cookbook! I have purchased several cookbooks with the low-carb, high-fat recipes that support a ketogenic diet and this is by far my favorite. The recipes are very accessible and don’t include a lot of specialty ingredients.”  
—Sarah, Verified Purchase

For many of us, the idea of dieting conveys unpleasant notions of flavorless piles of lettuce and overpriced freezer meals. But the secret to losing weight isn’t starving yourself or eating processed “diet food.”

**With Bacon & Butter: The Ultimate Ketogenic Diet Cookbook** you’ll begin dropping pounds immediately and learn how to keep them off for good by following a low-carb, high-fat ketogenic diet packed with tasty, wholesome meals that you’ll love. Your journey towards a healthier life and slimmer waistline begins here and now, with useful features such as:

- 150 delicious ketogenic diet recipes that will keep your body in ketosis, complete with nutritional information for each recipe
- Clear guidance on what ketosis is and which foods are truly keto-friendly
- Knowledgeable guidance from Celby Richoux who has experienced firsthand the incredible, transformative results of the ketogenic diet
- Ideas for how to stick to your new ketogenic diet from common social situations like office parties to holiday dinners

Whether you’ve come to keto through the guidance of your doctor or you’re looking for a sustainable way to lose weight, **Bacon and Butter** is your complete ketogenic diet resource for keeping your diet on track and your taste buds happy.

## Book Information

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## Customer Reviews

[View larger](#) [Bacon-Wrapped Pork Loin](#) Wrapping pork tenderloin in more pork may seem

redundant but you'll realize quickly after this dish starts baking what an impact the bacon wrap has on the overall flavor. In addition to the added flavor, the bacon helps keep the pork moist on the inside. Serve this with your favorite steamed vegetables and Cauliflower Mash (page 99).

**Instructions** To make the rub In a medium bowl, combine the salt, garlic powder, onion powder, paprika, basil, thyme, rosemary, sage, black pepper, cayenne pepper, cumin, cinnamon, nutmeg, and cloves. Stir to combine. Set aside. To make the loin 1. Preheat the oven to 425°F. 2. Trim any excess fat or silverskin (a thin layer of connective tissue) from the pork. Coat the pork with the olive oil. 3. Liberally apply the rub to the pork, covering the entire loin. Set aside. 4. On a cutting board, lay out the bacon pieces side by side. Place the pork in the center of the bacon strips. Starting at one end, pull the edge of the bacon up and over the tenderloin diagonally. Repeat with the other side of the slice, crossing it over the first side. Repeat the process with the remaining bacon slices, tucking the free ends under the crisscrossed bacon slices as you go. Secure with toothpicks as needed. 5. Put the bacon-wrapped pork in a baking dish and place it in the preheated oven. Bake for 20 minutes. Lower the heat to 300°F and bake for another 20 minutes. 6. Use a meat thermometer inserted into the thickest part of the meat to check the temperature. Once it reaches 135°F, increase the heat to broil and crisp the bacon for 3 to 5 minutes. 7. Remove the pork from the oven. Cover with aluminum foil. Allow the meat to rest for at least 10 minutes so the juices set. 8. Slice and serve with your preferred sides. For the rub 1 teaspoon salt 1 teaspoon garlic powder 1 teaspoon onion powder 1 teaspoon smoked paprika 1 teaspoon dried basil 1 teaspoon dried thyme 1 teaspoon dried rosemary 1 teaspoon dried sage 1 teaspoon freshly ground black pepper 1 teaspoon cayenne pepper 1 teaspoon cumin 1/2 teaspoon cinnamon 1/2 teaspoon nutmeg 1/2 teaspoon cloves

**Ingredient Tip:** The amount of bacon you'll need depends on the length and overall size of the pork tenderloin. There should be enough bacon to go from tip to tip of the tenderloin. **Cooking Tip:** While the USDA recommends cooking pork to a minimum of 145°F, meat continues to cook after it is removed from the heat. For a juicier, more tender pork loin, allow the meat to cook the additional 10°F while it is resting. If the meat does not reach 145°F after resting, return it to the heat. Serves 4 Prep time: 10 minutes /

Cook time: 45 minutes / Total time: 1 hour, 5 minutes. Ratio: 3:1; Calories: 518; Total Fat: 29.9g; Carbohydrate: 1.9g; Net Carbohydrate: 1.9g; Fiber: 0g; Protein: 57.3g. For the loin 2 pounds pork tenderloin 2 tablespoons olive oil 8 to 12 bacon slices (see Ingredient Tip)

CELBY RICHOUX was overweight, exhausted, moody, and suffering from a range of physical discomforts when she found the ketogenic diet. But all that changed once she adopted its high-fat, low-carb principles. Now she is finally able to control her weight and energy levels by eating the foods she loves. With her first cookbook, Bacon and Butter, she hopes to share with others her new appreciation for overall health and nutrition.

OK. I am significantly overweight. I read this book and it makes so much sense! For years our society has been telling us LOW or NO Fat is the key!! High carbs, get rid of the fats. Over the years I would yo-yo, losing weight and gaining weight again. When foods take out the fat then they take out the flavors! To account for this lack of taste then the manufacturers add back in loads of sugar. This book teaches you how to change your body from a sugar-burner to a fat burner, which is what you are when you are in ketosis. Ketosis is when your body no longer is using carbs as its fuel source but fat. Years ago I tried the Atkin's diet. It did work but I was focusing more on protein and less carbs but I did not get the importance of fat. This book showed me that fat is integral for your success of achieving ketosis and proper fat-burning. The diet wants you to implement 60-80% FAT!! 20-35% Protein and 0-5% Carbs. I learned from this book that if you have more protein than fat then your body will then begin turning the excess protein into glucose will be similar to sugar-burning. So fat is key! Guess what? I have been doing this plan and I am actually eating less!! Fat has more flavor and more calories. I no longer have jitters from high-carb intake that was resulting in crashes. My energy is up and I am excited because I don't feel like I am deprived! Once in a while I will get hungry and want to turn to a quick carb anything but have learned to have nuts, cheese, etc. ready at hand. I eat plenty of vegetables because there are plenty that have a low-glycemic index. I have lost weight easily and without any hunger. I do not crave sugar that much anymore and if I do I have learned incredible replacement recipes that take care of it. My sister has diabetes and high blood pressure. She has been doing this similar plan and has improved all of her blood levels. She was so excited! The foods are amazingly yummy. They have breakfast, lunch, desserts, smoothies, and sauces. I can go out to a restaurant and actually eat!!! I can order chicken or steak with cream sauces and butter. Most of the recipes are quick and easy and because they have FAT they are delicious! There are so many recipes where you use Almond Flour and Coconut flour that you can

eat things like sausage gravy and biscuits, pancakes, muffins, etc. I don't feel like I am missing anything with these options! Here are some interesting things I have eaten and even adapted "my own" versions from: Buttered Coffee!! I will put coconut oil, almond milk or coconut milk, and some xylitol or Swerve sweetener---When I have this I feel such a burst of energy!! Peanut butter shake, chocolate covered nuts, my adaptation of one recipe is lemon coconut chocolate cheesecake....this is so good and it does not taste "diet" at all!! cinnamon muffins with cream cheese frosting Eggs, cheese, bacon.....recipes with chicken, beef, fish, shrimp.....it has it all! This book's information has been a blessing to me. Its easy recipes have allowed me to immediately start this way of eating unlike some other books where you have to build up a huge food list before you can really begin. I bought some ketosis testing strips here on which helps me track my ketosis. They show you when you are in ketosis and not and also show if you are in light ketosis or high ketosis because they have color variations. This helps me keep track.

I've been eating a ketogenic diet for 3 years and have lost 55 pounds. I had my annual physical this week and just got my cholesterol results total 185, Trig 40, HDL 61, LDL 115. Not bad for eating bacon, eggs, and heavy cream every day. I truly believe this is the way everyone should eat. I'm a nurse practitioner and recommend this diet to all my patients except maybe type 1 diabetics.

Why 2 STARS? Cause hate is a strong feeling for this book, I merely don't like it and I'll tell you why. I bought this because of its price and seemingly great reviews. After purchasing this book and attempting 10 different recipes, I realized that most of the people who gave this book great reviews got it at either a discount price or free!? It has A LOT of typographical errors, nearly NO pictures and whoever wrote this just didn't understand the concept of measurements and the way ingredients work. I've been on the KETO diet for 3 months and while I LOVE the diet, In an attempt to find more ways to cook different meals, I set out to purchase cook books to assist my journey. Being on the keto diet is expensive for me cause I am buying better quality ingredients however, I've wasted a lot of them on this book. I made the beef stroganoff (gross, watery mess and the cream cheese didn't even melt and blend very well into the sauce), lemon cheesecake (aka rubber cement! The recipe called for 1/3 cup of lemon JELLO! Not 1/3 of a box or 1/3 or Tablespoon - 1/3 CUP! Add that to 1 CUP of boiling water and yes, in a few hours, you've got the perfect recipe for cement. Should've used common sense!) Recipe after recipe let me down and wasted precious meat & ingredients! I've made a few of the fat bomb recipes successfully but they're not anything fancy that you can't find on say, pinterest. DO not waste your time on this book that was clearly not thoroughly combed

through by an editor or even spell check. If you're thinking about doing KETO - DO IT! Just don't plan on this book assisting you on your journey. Cooking well takes skill, I know, but cooking keto friendly dishes takes some extra finesse and this book will only let you down cause clearly no one thought to MAKE the food they published!

This publisher reprinted the soft cover of this book and used the correct cover but the content of the book is from another Rockridge title called "clean eating". These are NOT ketogenic recipes. Even the ISBN number is wrong. What a huge mistake.

I love this cookbook. Makes me want to give away all my other cookbooks. Giving up sugar...best thing ever. Cheers, everyone!!

I have found some really good simple meal ideas in this. Other books required ingredients I had to search for and a lot of these ingredients I already had in my home. Very happy with this purchase

Lots of keto recipes. I was disappointed that canola and other unhealthy fats were used in recipes.

Seen Celby on Dr. Oz Show the Chocolate Brownies in this Book should be trademarked LOL they are to die for I add walnut in the mix and onto the top for the extra fat this is one of the best books out there, outstanding piece of work.

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