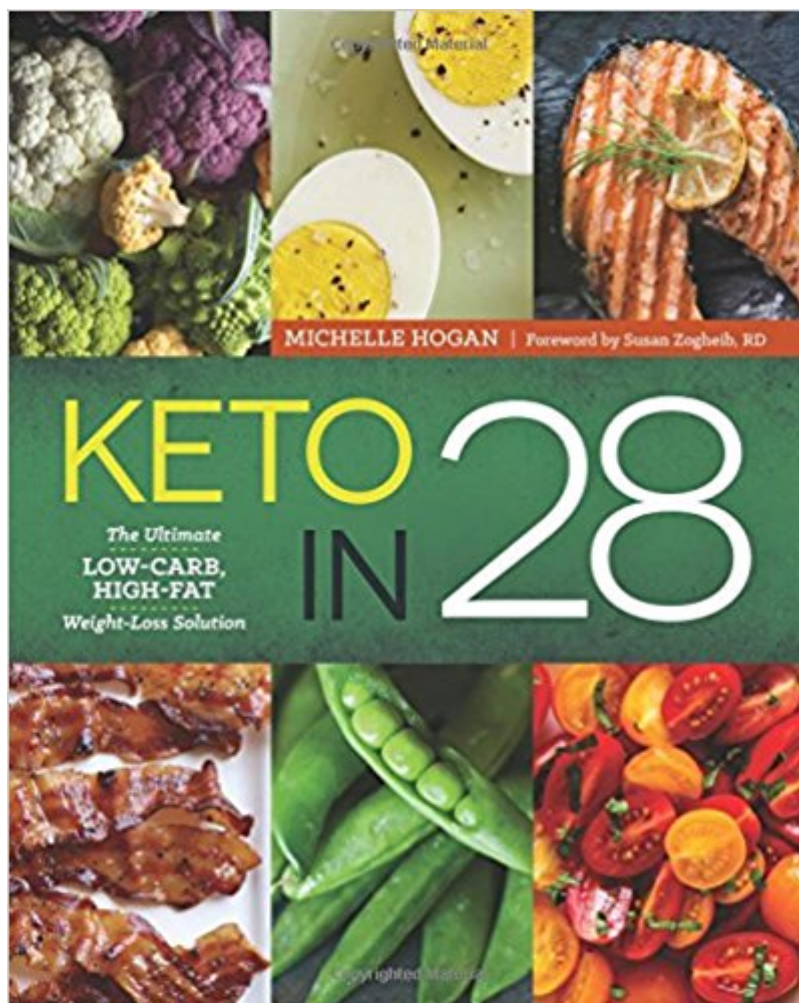


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# Keto In 28: The Ultimate Low-Carb, High-Fat Weight-Loss Solution



## Synopsis

28 Days. 125 Recipes. Your practical plan to go keto and stay keto. Michelle is with you every step of the way. The recipes included are delicious, nutritious, and very filling. Michelle also shares her very own successful story with keto. After many failed attempts of struggling with her fluctuating weight she found balance following the ketogenic diet and incorporating physical activity and has lost more than 100 pounds. ~ Susan Zogheib, MHS, RD, LDN, excerpted from the Foreword Tired of feeling tired? Frustrated with fads? Michelle Hogan knows how you feel. Following her weight-loss success with the ketogenic diet, she shares her knowledge in Keto in 28. This comprehensive ketogenic cookbook shows you how to make small changes with big results cover the course of 28 days. Commit to a ketogenic diet, with: A practical 28-day ketogenic diet meal plan that cuts carbs, and encourages creative ways to indulge in flavorful foods In-depth nutrition information profiling keto-friendly foods 125 delicious & satisfying keto recipes, including Brown Butter-Lime Tilapia, Coconut Chicken, and Bacon Chutney Keto in 28 will motivate you to stick to your ketogenic diet for lifelong results.

## Book Information

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## Customer Reviews

Michelle Hogan is a writer, the mother of eight, and the editor of Vagabond Foodies (vagabondfoodies.com). She is the author of 15 books and her writing has appeared in the New York Times, Salon.com, Redbook, and Family Circle. Foreword writer Susan Zogheib, MHS, RD, LDN, is a food-and-nutrition communications consultant with over ten years experience

working as a clinical dietitian. As a renal dietitian with DaVita Healthcare Partners, she enjoys helping patients live a healthier lifestyle while battling kidney disease. In her spare time, she enjoys running, cooking, and spending time with family and friends. She currently lives in Philadelphia.

My husband and I have just started the ketogenic diet and I've been a bit overwhelmed. A friend recommended this book, so I decided to give it a try. I just got it today, and have already read it! She breaks it all down so well, so it is so much easier to understand. In this book you get four different shopping lists for each individual week of menus she provides. Basically she plans the whole month out for you with tons of delicious sounding meals. Breakfast lunch dinner AND snacks are covered! There's even a keto smoothie section which I was very happy to find! There is a list of pantry staples to have while doing keto as well which was very helpful to me. Every recipe she has on the menu is provided along with extras. This book is 100% worth the money if you are doing keto! I've googled and joined groups and spent so much time looking things up about this online and was still having some issues but this book really helped break it down in the way I needed to understand. I HIGHLY recommend this book!

I'm on day 11 of my Keto challenge. So far it's been much easier than I anticipated to give up carbs and sugar, which for me is really saying something. Not that I don't have my challenges or cravings, because I still definitely do, but I've been able to manage them. It has also done wonders on curbing my appetite. Most of the time I'll feel like ... I should eat but I'm kind of ambivalent about it. It helps me make good decisions since I'm not ravenous. Keto is a fairly easy diet to implement as far as what's in and what's out. Eat a lot of fat, moderate protein, and try to keep carbs as low as possible. I like that the explanation portion of the book was light. It just went over most of the need to know and nitty gritty of doing keto without going into exhaustive detail. That might not be for everyone, but for someone who's been doing nutrition research for years, it helped not feel overwhelmed with information, most of it redundant. So far I've lost about 8 lbs, though I'm aware most of it could be water. The only reason I took away a star is for the recipes. I'm a single person with only myself to cook for. Most of the recipes make 4 servings. To make matters worse, I'd be spending minimum \$300 on groceries each week if I followed the meal plan to a T. Even with my adaptation and trying to keep expenses low, I'm spending over \$100 the first week or two. I'm hoping with some of the more expensive stuff like the different flours, extracts, and spices purchased, that some of my expenses will go down. In addition, if I made every meal for every day that the plan mentions, I'd be spending at least 2 hours a day cooking or my entire Sunday cooking like 12 meals. It's ludicrous for

a busy single person with a job to be expected to do. It's where almost every diet plan falls down. On a positive side I wish someone would make me those meals because they do look delicious and the few I've cooked so far were really well done. This has led to a lot of trial and error and not really following the meals plan at all. From the book, I picked 1-2 breakfasts, 1-2 smoothies, 1 crockpot-esque meal, and then used the snack section for inspiration. Then I went to the meat counter at my local grocery store (they have really good meat) and picked a bunch of meats that looked to not have any sugary carby marinades or breadings. I've been using Fitpal to calculate my net carbs, fat, and protein to try to make sure I'm close to the grams mentioned in the book, but it's not exact. I keep wondering if I'd be losing more if I could follow the plan because my protein is a bit high and I feel like I'm not eating any vegetables. In any case, I'd still recommend this to a friend with the caveat to maybe play mix and match with the meals unless he/she has a family. The fact that I'm ambivalent about food and not ravenous all the time after only a few days into the diet, speaks wonders to powers of low carb!

Great way to get introduced to a keto diet / lifestyle. I would recommend to look at the actual recipes first when deciding what to cook. Most meals serve 4 so if you aren't feeding 4 people that can be an extra meal and you won't need to make all the meals listed each week. Also a lot of the ingredients are not on the weekly shopping list UNLESS you already have every single item in your pantry and if you are new to keto lifestyle you probably won't have a lot of those items on hand. I enjoyed doing the keto 28 and will continue to explore the keto diet with definite help with this book as a guidance. It helped me jump start my weight loss and I have a lot more energy. Which is hard to do some days with a baby under one.

GREAT for recipes and information for the Ketogenic diet!

Great info great recipes

good book

Great recipes.

Love this cookbook. Helpful when I need keto inspiration

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