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Autore	Kemp Domini
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Nota di contenuto	Cover -- Title Page -- Contents -- Acknowledgements -- Note from the publisher -- Expert opinions -- Part 1: Introduction to the Ketogenic Kitchen -- Introduction from Domini and Patricia -- How to navigate the confusing world of nutrition -- How to use this book -- Part 2: The Low-Carb Way -- Introduction to the low-carb way -- Domini Kemp - my story -- Breakfast -- Soup and good things to go with it -- Mains -- Vegetarian -- Eat your greens ... and everything in between -- Dressings and condiments -- Sweet stuff -- Part 3: The Ketogenic Way -- Introduction to the ketogenic way -- What is the ketogenic diet? -- Pitfalls of the ketogenic diet -- Keto foods -- Before you start -- How to get started -- Myth-busting FAQs -- Introduction to the meal plans -- Patricia Daly - my story -- Meal plan for week 1 -- Meal plan for week 2 -- Meal plan for week 3 -- Meal plan for week 4 -- Part 4: In Times of Treatment and Recovery -- Nourishing food -- Foods for recovery -- Appendices -- Blood tests for the ketogenic diet: Baseline and monitoring -- Monitoring blood glucose and ketone levels -- Ketogenic pantry -- Keto equipment -- Copyright -- Praise for The Ketogenic Kitchen -- About the authors -- About Gill Books.