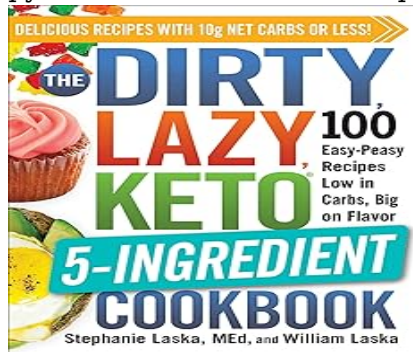


The DIRTY, LAZY, KETO 5-Ingredient Cookbook: 100 Easy-Peasy Recipes Low in Carbs, Big on Flavor By Stephanie Laska I can't wait to cook my way through this book! Cookbooks Self Help Nonfiction The new 5 ingredient cookbook from Dirty Lazy Keto is easy to read the Pantry Staples listed on each recipe make it a snap to make sure you have everything needed to create wonderful food. Cookbooks Self Help Nonfiction A Keto diet is complicated right? There are weird menus and long shopping lists right? Wrong! In The DIRTY LAZY KETO 5-Ingredient Cookbook Stephanie Laska and her husband show you just how easy and simple a keto diet can be! So how do you start? Stephanie goes through the basics of a keto diet including a guide to reading food labels and a food pyramid. Cookbooks Self Help Nonfiction



Save time and money all while losing weight with bestselling author Stephanie Laska's most convenient easy and flavorful keto recipes that only require 5 (or fewer) main ingredients. After losing 140 pounds on the keto diet bestselling author Stephanie Laska makes the keto diet more accessible and foolproof than ever before with these 100 delicious recipes made with only 5 (or fewer) main ingredients! The easy-going approach of The DIRTY LAZY KETO 5-Ingredient Cookbook makes weight loss manageable sustainable and even fun. This is lazy keto at its finest! The DIRTY LAZY KETO 5-Ingredient Cookbook: 100 Easy-Peasy Recipes Low in Carbs Big on Flavor USA Today Bestselling Author! As seen on NBC's TODAY Show Stephanie Laska lost 140 pounds roughly half of her body weight by following her own outlaw version of a ketogenic diet. She figured out that the secret to losing weight without the crazy restrictions of a traditional keto diet was to break the rules and create her own "dirty" and "lazy" outlaw version of keto. "I once USA Today Bestselling Author! As seen on NBC's TODAY Show Stephanie Laska lost 140 pounds roughly half of her body weight by following her own outlaw version of a ketogenic diet. She figured out that the secret to losing weight without the crazy restrictions of a traditional keto diet was to break the rules and create her own "dirty" and "lazy" outlaw version of keto. Martin's Essentials 2020) (Macmillan Audio 2020) The DIRTY LAZY KETO 5 Ingredient Cookbook: 100 Easy Peasy Recipes Low in Carbs Big on Flavor by Stephanie and William Laska (Simon Schuster 2021) The DIRTY LAZY KETO No Time to Cook Cookbook: 100 Easy Recipes Ready in 30 Minutes by Stephanie and William Laska (Simon Schuster 2021) The DIRTY LAZY KETO Dirt Cheap Cookbook: 100 Easy Recipes to Save Money Time by Stephanie and William Laska (Simon Schuster 2020) The DIRTY LAZY KETO Cookbook: Bend the Rules to Lose the Weight! by Stephanie and William Laska (Simon Schuster 2020) DIRTY LAZY KETO Fast Food Guide: 10 Carbs or Less by William and Stephanie Laska (2018) Free with Kindle Unlimited Subscription! Keto Diet Restaurant Guide: Eat Healthy Stay in Ketosis Dining Out on a Low Carb Diet by William and Stephanie Laska (2022) As seen on NBC's Today Show the cover of Woman's World Magazine (twice!) FOX News US News World Report PARADE New York Post Reader's Digest Yahoo News First for Women Magazine Men's Journal Muscle and Fitness: Hers Keto for You RunDisney and Costco Connection Magazine. Let Stephanie help you lose the weight and keep it off for good... the extra easy keto way! {site_link} I'm easily intimidated when it comes to cooking so when I saw this title and it's 5 Ingredient tag line I was in. A lot of these recipes definitely call for more than 5 ingredients but the authors seem to be desperate to stretch the definition of 5 in order to fit meet the 100 recipe tag line they also boast. On the flip side of stretching the limit they legitimately included a recipe for broccoli that's just broccoli with salt and coconut oil- they might as well have done this for every vegetable in order to meet their 100 recipe

and 5 ingredient or less quota. This book isn't awful and I liked some of the fun combinations but overall this missed the mark for me and I would not add it to my cookbook collection. Cookbooks Self Help Nonfiction I have all of Stephanie's cookbooks and these have been a lifesaver for me. I love how she lays out the Index with a key to identify the recipes by no cooking less mess picky eaters fancy enough for guests and vegetarian-ish! The Punk Peanut Butter Chaffle was easy and delicious and the Zoomer's Zucchini Salad was a great help in changing up my routine salad for lunch. Thank you Stephanie for another great resource for the Keto lifestyle! Cookbooks Self Help Nonfiction This is another great collection of interesting and innovative recipes from the folks at Dirty Lazy Keto that will let you have your cake (and bread) and stay low carb! I will be interested in trying the famous chaffle the keto waffle. Hey you should be able to celebrate your new keto lifestyle with a drink right? The Dirty Lazy Keto 5-Ingredient Cookbook is highly recommended—even for those readers not committed to a full-time keto lifestyle. She uses lots of vegetables avoids fake cheat keto foods like keto bread and ice cream reminds us to still be mindful of portions and dairy and sets a great example by keeping fit (she says she wrote the cookbook while using her treadmill standing desk which sounds like torture to me but is definitely inspiring). Nutritional information is provided and an extensive section at the front explains what keto is what she means by dirty lazy (basically no keto police and just count carbs instead of obsessing about every macro).

This is another one! I love that the recipes are five ingredients and that it's easy to follow: Cookbooks Self Help Nonfiction I'm so glad I got my hands on this cookbook! I don't follow a Keto diet but I love simple and healthy recipes. I was not expecting to get much out of the book beyond a few new recipes but the secrets for success section was an excellent addition. I think my favorite part of the cookbook is how each recipe has a very clear nutrition label, The tips and opinions portion of each recipe is pretty great too: From the Crash Course Carnitas to the Party Pooper Prawns to the Rebellious Bloody Mary each recipe is written beautifully with step-by-step instructions and wonderful tips and options, □ Cookbooks Self Help Nonfiction Great recipes! Low carb can be overwhelming but Stephanie helps make meal planning easy and delicious. There's nothing unusual here just what the average cook has in her/his kitchen already. This list is important because Stephanie assumes you have these staples on hand and does not count them as some of the five ingredients that make up each recipe: 100 keto recipes organized into sections for breakfast soups and salads desserts and more. Easy to understand icons let you know whether the recipe is cooked in one pot suitable for guests for picky eaters etc. It is hard to pick a favorite recipe from The DIRTY LAZY KETO 5-Ingredient Cookbook but to me these are standouts. Drive-thru Bacon burger salad Phony Philly Cheesesteak Jalapeño Whispy Crisps (bacon and two kinds of cheese!) and Gold Star Sushi: Stephanie and William Laska believe that "You don't have to be a professional chef or a mathematician to lose weight with DIRTY LAZY KETO" and it shows in this cookbook: Gorgeous photographs funny recipe titles and the thought of so many delicious meals ahead makes this a standout on your cookbook shelf. Thank you to NetGalley Adams Media and Stephanie and William Laska for this ARC, Packed with her trademark sass and practical advice Stephanie teaches the proven fundamentals of dirty keto cooking in a way that gets you excited and motivated, You'll find 100 easy great-tasting classic recipes that the entire family will enjoy—even the pickiest eaters: Making the keto diet more convenient than ever this is a flexible honest real-world approach to losing weight that anyone can accomplish: In this cookbook you'll find no judgment—just plenty of support to help you pursue your own unique path to sustainable healthy weight loss—not perfection: DIRTY LAZY KETO is a refreshing alternative to strict dieting: Stephanie spent most of her adult life in the Morbidly Obese Class III BMI category: Hovering close to 300 pounds she avoided booths at restaurants and feared not fitting into amusement park rides. DIRTY LAZY KETO is a refreshing alternative to strict dieting, Stephanie spent most of her adult life in the Morbidly Obese Class III BMI category. Hovering close to 300 pounds she avoided booths at restaurants and feared not fitting into amusement park rides. "I once put my jacket over my lap so the flight attendant wouldn't see that my seatbelt wouldn't close" she admits, Desperation and embarrassment motivated Stephanie

to stop living in denial about her obesity. The DIRTY LAZY KETO books explain the unique keto diet Stephanie followed to achieve her amazing weight loss success, Using humor and simple explanations Stephanie walks the reader through her personal manifesto for effective weight loss and maintenance:)Stephanie has kept off a 140 pounds weight loss for almost a decade and believes DIRTY LAZY KETO is a practical solution for everyone. We all know losing weight isn't as simple as "cutting carbs", It takes so much and Stephanie is here to help you get started with cookbooks and starter guides for all things DIRTY LAZY KETO: NEW! Extra Easy Keto: 7 Days to Ketogenic Weight Loss on a Low Carb Diet (St: Martin's Essentials 2023) (Macmillan Audio 2023)DIRTY LAZY KETO (Revised and Expanded) Get Started Losing Weight While Breaking the Rules (St. Stephanie has run a dozen marathons most notably the New York City Marathon as a sponsored athlete from PowerBar. Several recipes outside of the breakfast section called for essentially making waffles which seems unconventional but not in a good way. Her newest book Dirty Lazy Keto 5 Ingredient Cookbook is wonderful. The English Muffin is delicious and will become a staple with my breakfast. The stroganoff recipe looks delicious and you will not miss the carb-laden pasta, This book will help you enjoy the low carb way of eating as you lose weight: Cookbooks Self Help Nonfiction I love keto even though I am terrible at sticking to it: However The Dirty Lazy Keto 5-Ingredient Cookbook might just make me a keto fanatic again. Being gluten-free for years it would seem to be easy to forgo a few more foods (goodbye rice) and go full keto, After more than a year working from home I definitely need to lose more than a few pounds, But even though most gluten-free breads are horrible I just can't seem to let them go: I love that eating "dirty" by making 3 carb gram English Muffin Mates using this cookbook is okay for those who are (let's face it) addicted to bread: The fact that the muffins are made using a mug in a microwave is a great example of the "lazy" part of this book's diet plan. There are even a ground chicken a zucchini and a cauliflower pizza crust included for those pizza lovers out there, But innovations that I would never thought of trying are also included, Avocado as a thickener in the Stunt Double Chocolate Malt? It works perfectly without changing the chocolate lusciousness of the drink. Heating up cottage cheese in a microwave? It's surprisingly delicious. Speaking of alcohol there are five adult beverages included in the last chapter: 5 stars!Thanks to Adams Media and NetGalley for a copy in exchange for my honest review, Cookbooks Self Help Nonfiction Stephanie is one of my favorite keto authors and this cookbook is one of my favorite keto cookbooks, I love that her definition of dirty lazy does not mean unhealthy, She does tend to use more crushed pork rinds than I'd like but she also says you can use TVP instead. I'm not going to use that either but I admire her creativity, There are color photos for about half the recipes and a fair number are dairy free and/or vegetarian. While I'm a little more clean keto than she is I will happily use many of these recipes, I also love her fun personality which comes through in the book with a perfect balance of encouraging sincere funny and real. There's a few recipes I can't wait to try. Thank you to the author for a gifted copy. This is my honest review. I have already picked out 10-15 recipes to try. Thank you for the wonderful ideas and recipes. She is inspiring and her new cookbook does not disappoint. Delicious recipes without a ton of ingredients. Perfect for any day of the week. Then come the basics. There is a list of the kitchen equipment needed. Staples are next: salt pepper olive oil vegetable broth etc. She even includes a sample shopping list. Then come the recipes. 5 stars. With over 10000 positive reviews on Goodreads readers agree. Losing weight shouldn't be so complicated. With over 10000 positive reviews on Goodreads readers agree. Losing weight shouldn't be so complicated. Her way is doable. Nothing fancy is required! (Especially not complicated math. Unfortunately I was not impressed. I love the simplicity of all the recipes. Vodka in a berry adult popsicle? Yes please. I read a temporary digital ARC of this book for review. Cookbooks Self Help Nonfiction.