



Quick and Healthy Keto Zone Cookbook: The Holistic Lifestyle for Losing Weight, Increasing Energy, and Feeling Great

Don Colbert

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Finding quick and healthy recipes that fit your busy lifestyle is challenging. Dr. Colbert tackled this challenge and created his *Quick and Healthy Keto Zone Cookbook* that follows his proven Keto Zone diet. Not only can you quickly cook wonderful meals, but the meals you eat will help you lose weight, increase your energy, and help you feel great! Dr. Colbert shares his best tips for getting into the Keto Zone, provides a shopping list, and a simple meal plan to follow to help you stay in the Keto Zone no matter your schedule. The best bonus is you'll enjoy what you're eating too!

Quick and Healthy Keto Zone Cookbook: The Holistic Lifestyle for Losing Weight, Increasing Energy, and Feeling Great Details

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Author : Don Colbert

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From Reader Review Quick and Healthy Keto Zone Cookbook: The Holistic Lifestyle for Losing Weight, Increasing Energy, and Feeling Great for online ebook

Ginger Hudock says

As the title implies, this is a recipe book for the ketogenic diet. This book includes some excellent basic recipes, so if you are new to the ketogenic lifestyle this would be an excellent purchase. Those who are not familiar with low carb or ketogenic eating and who want to get an overview of the diet as well as how to do it, would need to purchase a different book. But if you already know how to do the diet then this is a great cookbook to add to your library.

I received a complimentary review copy of this book from the publisher.

Shannon says

Quick and Healthy Keto Zone Cookbook: The Holistic Lifestyle for Losing Weight, Increasing Energy and Feeling Great

I Picked Up This Book Because: I had already started considering a Keto Lifestyle and this book seemed like a good resource.

Good information giving upfront even if it was a bit “selly”. The recipes seemed as easy as the title suggest and I can’t wait to try a few.

The Random Thoughts:

The Score Card:

4 Stars

Nora St Laurent says

This is a companion book to “Dr. Colbert's Keto Zone Diet: Burn Fat, Balance Appetite Hormones, and Lose Weight” In that book Dr. Colbert’s goes into great detail about the diet’s ins and outs. In this cook book there

is a brief overview. For example, the answer to “What is the Keto Diet” the Dr. says, “...low-carb, high-fat and moderate protein. It’s incredibly healthy; not only does it work to cure. Or manage diseases, it is the best weight loss method in the world!”

He says over the years he’s treated people who have had advanced cancer, obesity, type 2 diabetes, heart disease, mental illness and much more. He stages, “They needed help yesterday so they could be on the road to healing today...”The answer was not a pill, medication, pharmacological drug or surgery. The answer was a nutritional one completely based on the food we eat.”

He describes the keto diet as being the “intake of 20 grams of carbs per day. It boosts fat intake and moderate protein intake. That causes your body to shift to burning fat -burning zone! You are now burning fuel and not sugar.”

The recipe book is broken down to cover the basic recipes of broth, sauces and dressings to start with. Then there are about 20 recipes for each section Breakfast, Lunch, Dinner, Desserts, and Snacks.

The bone broth is yummy and easy to make and so was the Perfectly Scrambled Eggs (which had a microwave version and a list of additional ingredients to add flavor)

Other recipes I’d like to try are Pumpkin Pancakes, Savory Breakfast Muffins, Roasted Cauliflower & Crab Soup, Cauliflower Crab Cakes, Wilted Baby Spinach with-Seared Salmon, Herb Roasted Chicken, Avocado Ice Cream, Frozen Whipped Chocolate, Frozen Lemon Custard, Garlic Flaxseed Crackers – Veggie Cheese Chips, and Seed Bread.

I liked that the ingredients are ones that are easy to find in a regular grocery store. I like that it lists the yield of each recipe on the top before the instructions. At the bottom of the recipes there is a list of nutritional information that gives you the calorie count, fat, protein, carb and fiber. the instructions are simple and easy to follow.

This recipe book helps to bring in a variety of creative dishes for you to try and discover your family favorites. And/or maybe you’ll be able to create variations on the recipes to accommodate your family likes and dislikes.

I read an ARC copy so I didn’t get the full impact of this book. I saw that there was room for pictures of the recipes in the book with red letters that said (picture). I look forward to viewing the pictures and the additional recipes that were going to be added to the book. If it’s like the author’s other books it will be great!

Disclosure of Material Connection: I received a complimentary copy of this book from the Publisher/NetGalley.. I was not required to write a positive review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission’s 16 CFR, Part 255 “Guides Concerning the Use of Endorsements and Testimonials in Advertising”

Nora St. Laurent

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The Book Club Network blog www.psalms16.blogspot.com

Book Fun Magazine <https://www.bookfun.org/page/past-iss...>

SVP Promotion

Janet says

I received a DIGITAL Advance Reader Copy of this book from #NetGalley in exchange for an honest review.

From the publisher ---

Finding quick and healthy recipes that fit your busy lifestyle can be hard. Dr. Colbert tackled this challenge and created his Quick and Healthy Keto Zone Cookbook that follows his proven Keto Zone diet.

Not only can you quickly cook wonderful meals, but the meals you eat will help you lose weight, increase your energy, and help you feel great!

Dr. Colbert shares his best tips for getting into the Keto Zone, provides a shopping list, and a simple meal plan to follow to help you stay in the Keto Zone no matter your schedule. The best bonus is you'll enjoy what you're eating too!

Keto is such a "hot" thing right now: because it works. I have been on a thousand diets and keto is the only thing that works. Yes, the first few days are awful ("keto flu") but then you are not hungry ... seriously!!! This book is great as I tend to eat the same things over and over and over so and there are some great recipes in this book.

Want to try keto? This book is a great source book and if you have been on Keto before or currently, you will enjoy the recipes. Great book!!

Gemma says

Great book for anyone interested in or following keto diets.

The information at the beginning is really interesting , especially the information about the illnesses that could benefit from a keto diet.

the recipes are well thought out and and tasty.

will be a great book once finished.

Thanks to NetGalley and the publisher for an arc of this book In exchange for a honest review.

Micky Cox says

A well laid out recipe book with a very easy to understand explanation of Keto Zone eating at the beginning. The recipes were well laid out, easy to follow and readily available ingredients. If you are looking for keto then this may be a decent place to start. I don't know much about the keto diet so I am assuming the information provided was accurate. If you have significant food allergies especially to dairy or soy this may not be a good recipe book or diet for you to follow.

Peta Benjamin says

For anyone wanting to start Keto eating, this is an excellent book to start. I only got approved for this title this morning but I have been through every page and I must say what a simple easy book to read.

The Introduction is not long winded but short and to the point. Excellent information about what the Keto Diet is and interesting Health Truths.

Part Two tells you why the Keto Diet works, and Part Three is all about the recipes which I must say really impressed me.

These are not recipes that are difficult to read and create. Simple and to the point with all the nutritional information that is needed. Very impressed and I am sure when the book comes out and you can see the pictures it will be even more impressive.

Thanks to NetGalley and Worthy Publishing for the opportunity to read and review this book.

Carissa says

While the beginning info tells you what "Keto Zone" can do for your body, It doesn't exactly tell you how to do it (step by step process). It does say what foods to avoid, but I just felt some things were lacking or could have been explained a bit better. Also "cookbook" is in the title, so that is what the majority of the book has are recipes to make. Since I'm a relative beginner to keto, I would find this book is not for me in terms of information.

Carol says

I requested and received an ARC of this cookbook from Netgalley in exchange for an honest review.

I do have to say that while I can't personally validate any of the claims (increasing energy and feeling great + weight loss) made for this diet by the author Don Colbert I really did like a lot of the principles at work here (eliminating processed foods and sugars).

The author is advocating for a diet that he states is a purposeful combination of reduced carbs(20g/day), increased healthy fats and a moderate amount of healthy proteins.

Following this diet is intended to cause your body to shift to burning fat rather than sugar as fuel.

While I am not sure if I want to commit to this diet at this time (maybe something to consider in the future) I really liked many of the recipes- they definitely had taste profiles and ingredients I like to use.

There are many, egg, fish, poultry, meat and vegetable recipes(all very straight forward without huge lists of ingredients).

I am definitely going to make the cauliflower and cheese recipe. Will probably make the avocado ice cream also as I love avocado smoothies and this sounds even better.

Only disappointment was that my ARC copy did not yet have photos of the food but it did indicate where and which recipes would have them.

Sharon says

Worthy Publishing and NetGalley provided me with an electronic copy of Quick and Healthy Keto Zone

Cookbook. I was under no obligation to review this book and my opinion is freely given.

The Keto diet, to those - including myself - who have heard of it but have no prior knowledge, is a diet comprised of low-carb, increased healthy fats, and moderate levels of protein. The balance of these three dietary building blocks creates the ideal environment for a healthy body, according to the philosophy by the author, Dr. Don Colbert. The important thing to stress is that this is a diet, which the author says can provide followers with 1-2 pound weight loss per week when combined with exercise. This is not a diet to start lightly, or without prior doctor approval. It may work well, for those with Type 2 diabetes, in particular, but only a qualified doctor who knows your personal medical history will be able to determine if this diet is for you.

My personal opinion is that there are a lot of good, nutritional recipes in this cookbook. I could see myself making several of them, especially recipes in the Basics section like Bone Broth (p. 20) and Homemade Tangy Barbecue Sauce (p. 26). The Breakfast section has nutritional options such as Almond Flax Seed Waffles (p. 52), along with Frozen Berry Smoothies (p. 57). Lunch recipes include different dishes such as Avocado Soup (p. 64), with nutritional bone broth providing a good base for the soup, and Shrimp Skewer with Warm Mushroom Salad (p. 76), complete with mushrooms, arugula, and walnuts to accompany the shrimp. There are Dinner dishes that are delicious and provide great nutrition, including Lemon-Basil Chicken (p. 103), Cheesesteak Stuffed Peppers (p. 115), and Slow Cooked Pulled Pork (p. 118). Side Dishes like Bacon & Brussels Sprouts Carbonara (p. 123) and Creamed Spinach (p. 128) will complement main dish meats very nicely. The Desserts section may look like full sugar offerings, but the author has used sugar substitutes such as liquid stevia to add the sweetness. Recipes such as Sweet Nut Clusters (p. 133) and Coconut Milk Custard (p. 137) will have eaters not missing the traditional sugar. With many snack recipes that include chips, spreads, and crackers, there are many non-sweet treats that can provide nutritional value. Overall, I would not recommend Quick and Healthy Keto Zone Cookbook as a diet book, but there are some bona-fide good recipes that would be a good addition to any table.

Nicole Laverdure says

Very good cookbook for people who want to eat healthier and loss weigh at the same time. I liked the recipes, well explained and written.

Rachel McKitterick says

thank you to Netgalley and Worthy Publishing for a copy of this book in exchange for an honest review

3 stars.

Umm. With the main focus of this book being on recipes based on the Keto diet foods, then yeah it does give a wide variety of options for all your main meals and deserts. I didnt so much like the beginning of this. It felt like just another diet book and if you are wanting to 'diet' then yeah, this book would be great for you. But if you are looking for a complete long term lifestyle change, you wouldn't go on a diet for that, as the very word diet is for short term or temporary. But maybe I'm getting off track. There is one section where the author lists all the things this Diet will help you benefit from. I am quite sceptical of a few of them, the main being that it will make you feel happy. A particular diet itself wont do that. Plus, it all comes down to, at the

end of the day, calories in verses calories out. If you eat under your TDEE (Total Daily Energy Expenditure/BMR plus Calories burned) you will more likely lose weight, and if you eat over it, you will more likely gain weight.

Still, there were points I agreed with. That knowing the difference between healthy fats and bad fats is definitely something to look into as the Keto diet does state to eat high fat but it has to be HEALTHY fat. I also liked that the recipes do state what the calories, fat, protein, carb and fiber content of each recipe comes to. Which will be very handy to those who are quite new to following the nutritional values of what they eat.

Overall this isn't a bad book. It does have good recipes with easy and clear instructions and that's what it comes down to. But would I recommend this? Well, I will never recommend dieting but if you are going to use this as a lifestyle change, it could be quite helpful. Do I recommend eating low carb, high fat and moderate protein foods? Yes. But you don't have to be so strict with it as diets tell you to be. Which is why I like the recipes in this. There is variety and of course there are plenty more out there but this book is best for beginners and those just wanting to try new ideas.

Lin says

This is a fine looking book with full color photographs to go along with the recipes.

Lourdes says

Let's be honest, with summer season fast approaching, most of us are struggling to lose those unwanted pounds and shed a few inches off our waists, thighs, and arms. We have tried every fad diet known to man and one of them is the Ketogenic diet, also know as KETO diet is has been a fad since 2018.

In this cookbook, the author Don Colbert not only included different recipes that suit this diet but also informations and even his own study about it. But the only downside of this cookbook are:

- The author did not include any alternatives to be use to substitute if such ingredient/s are not available.
- Lack of clinical studies. Most of this informations in the cookbook are based on his only. Those who are eager to lose pounds would want to know if this diet is tailored for them.

All in all, I gave this a 3.75 out of 5 stars.

Chelsea Cummings says

The Quick and Healthy Keto Zone Cookbook is just that, a cookbook. If you are just beginning your Keto journey this might be okay. This cookbook has very basic recipes that can be found on almost any blog or google search. I'd you have any experience in Keto this is not the book for you. Unfortunately, I found this book boring and any lifestyle books that cannot keep me engaged in the first couple of pages is a no-go for me.
