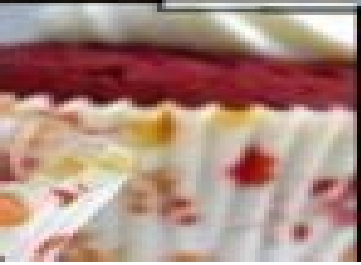
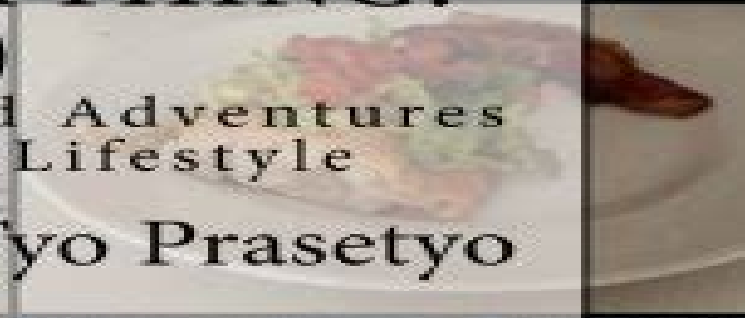




# KETOFY EVERYTHING! (B&W)

Ketofied Foods = Food Adventures  
= Permanent Keto Lifestyle

Scott Swenson and Tyo Prasetyo



# Ketofy Everything Adventures Permanent Lifestyle

**A Gutmann**



### **Ketofy Everything Adventures Permanent Lifestyle:**

**Ketofy Everything! (B&W)** Scott Swenson, 2015-12-19 Ketofy Everything Based on the popular Ketogenic Diet the two authors take the low carb high fat way of eating to a new level to make a sustainable lifestyle Originally created in the early 20th century as a treatment for seizures in children Keto has been shown to help treat and retard multiple neurological and physiological issues from Alzheimer s to Attention Deficit to Type 2 Diabetes The Hobbit and The Keto Iron Chef take two different but complimentary approaches to ketofying foods one a laid back small town diner approach the other a more exotic and international flair Both create amazing dishes using ingredients not typically used in traditional recipes yet easily available From a modified version of the wildly popular Fat Head dough that can be used for pastries pies pizza and stromboli to exotic yet easy to prepare international dishes like Asian Mochi Dim Sum and Crab Rangoons the two chefs bring main courses desserts side dishes and snacks to the table in a ketofied way Ketoers joke about living off bacon and butter but with Ketofy Everything those are no longer the only choices

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