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Let me preface this with the fact that many of the recipes sound delicious. Also, on page 13 and 14 of the book, it accurately discusses the macros involved in a keto diet, which can be found anywhere using a simple google search for free. The general consensus is some range of 5-10% carbs, 15-20 proteins, and 70-80% fats.

Amazon.com: The Wicked Good Ketogenic Diet Cookbook: Easy ...

Buy it, \$15 Your ultimate guide to a paleo and keto hybrid diet, this cookbook offers more than 145 healthy recipes that are meant for an anti-inflammatory, paleo lifestyle and are made with nutritious, whole foods only. It has nearly 500 five-star reviews from customers, who say the book is a must-have for a paleo and/or keto lifestyle.

7 Best Keto Cookbooks With All the Keto Recipes You Need ...

Description: More than just a standard cookbook, The KetoDiet Cookbook gives you the science behind why keto makes you lose weight and build muscle, in addition to 150 recipes. You love your Paleo or low-carb diet, but is it enough to give your metabolism the jolt it needs to really burn off that

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