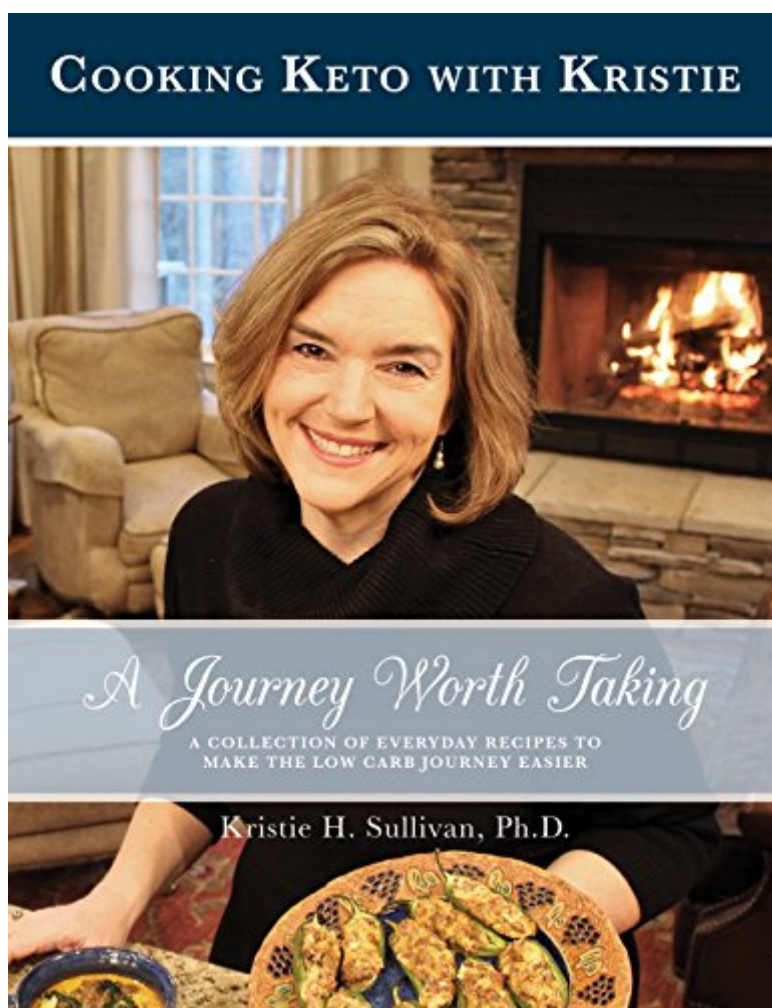


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# Journey To Health: A Journey Worth Taking: Cooking Keto With Kristie (Kindle Edition)



## Synopsis

This cookbook was written to help others make a ketogenic or very low carb diet a lifetime commitment. After a lifetime of obesity, following this way of eating began as a desperate plan to lose weight and evolved into a journey to manage my health and not just my weight. While I enjoy eating the best foods of my life and losing weight, I also have come to appreciate that my overall health has improved. I no longer need any of the four medications that I was on before I started keto. I no longer wait in the car or at the hotel while my family hikes. Now I'm the one who suggests that we go for walk or go kayaking or play at the pool. My husband and I have been on a ketogenic diet since June 2013, yet one of our physicians still asks whether this "diet" is sustainable in spite of our having lost a combined 180 lbs! Moreover, my husband's blood pressure has gone from the verge of needing medication to being low normal. Still, the physician asks if we can sustain it long term. In fact, more than one medical professional has told me that this way of eating is "too difficult to follow" or "too restrictive". One of the goals of this cookbook is to prove that notion wrong. This cookbook has the "everyday" recipes that my family and I have enjoyed on our very own journey to health. There are some low carb "treats", but the majority of the recipes in this book are the simple recipes that have become part of our day to day lives. There are delicious, filling breakfasts that will keep your tummy happy when it's tired of scrambled eggs and bacon and hearty sides that will never make you feel deprived. This is "diet" food that you will be proud to share at any potluck and your "carbivore" friends will expect you to share! I snuck in a few very low carb treats for birthdays, holidays, or special occasions because these are the foods with which we have also celebrated on our journey. It is my sincere wish that these recipes can help you sustain a very low carb diet as a delicious life style. You can learn more about my journey from my YouTube channel, Cooking Keto with Kristie at [https://www.youtube.com/channel/UCFGt\\_87bzIJXHxzsU8leOQ/videos](https://www.youtube.com/channel/UCFGt_87bzIJXHxzsU8leOQ/videos) . You can also follow my Facebook page, Simply Keto or my website at [www.cookingketowithkristie.com](http://www.cookingketowithkristie.com)

## Book Information

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## Customer Reviews

"A Journey to Health" is finally here!! I am so excited to get started cooking and baking!! I began my personal journey to health in May 2015 by starting a low carb way of eating. Since then, I have lost 84 lbs, gone from a size 20+ to a size 6, and gained many health benefits including lowered blood pressure, reduced inflammation throughout my body and I was able to stop taking prescription acid reflux medication. When I reached the point of being bored with what I was eating, I took to the web and discovered the YouTube channel, Cooking Keto with Kristie. Cooking Keto with Kristie introduced me to the Keto (very low carb, high fat) way of eating and changed the way I approached meal planning. Joy was once again in my kitchen as I cooked and baked foods for my entire family that we loved and had begun to miss. I share this to assure you that Kristie's recipes are tried and true and this way of eating is effective. I am ecstatic to have access to more of her recipes in "A Journey Worth Taking." **Book Review** This much anticipated book contains many never before seen recipes that have not been made available online. I can't wait to try the chicken salad, crab cakes, no apple spice bread, breakfast bombs, pound cake, key lime pie, mac and cheese, No-tella muffins, thousand island dressing, honey mustard and the list goes on. These are things I loved in my past life which I never thought I would be able to enjoy again! The layout is lovely. Each recipe includes a description, ingredients, instructions, nutrition info and a pic. The author's voice really comes through in the descriptions. The nutrition info includes calories, fat, protein, carbs and fiber. The book also contains a fabulous summary of alternative ingredients that are often unique to a low carb way of eating. "A Journey Worth Taking" concludes with multiple pages of additional resources for a low carb/Keto lifestyle. There are many low carb

cookbooks out there, but few strictly adhere to the low TOTAL carb count required for a true Keto diet. All of the recipes in "A Journey Worth Taking" have fewer than 7 total carbs per serving and servings aren't minuscule!! This will be the first cookbook I've purchased where I plan to try every recipe. I expect to purchase several more as gifts for friends and families who are just beginning this journey.

### The Captain's Wife

The lady who wrote this book is truly a lifesaver. I discovered her over a year ago on her YouTube channel, Cooking Keto With Kristie. I have followed her ever since. She makes the most delectable recipes and you never have to feel deprived. With her guidance, I have lost 130 pounds doing a ketogenic way of eating. She is remarkable. I am proud to know her. You simply must get this book. You're one click away from a healthier lifestyle. I never knew I could lose weight eating pizza, cookies, biscuits and more!

I absolutely LOVE this cookbook! I have been eating this healthy keto (low carb, high fat) lifestyle now for a little over a year. The recipes and uplifting encouragement in this cookbook are helpful and wonderful. All the recipes are tasty and easy to prepare. Can't wait to purchase any and all other forthcoming cookbooks by Dr. Kristie Huneycutt Sullivan!

Absolutely love the cookbook. You are an amazing woman and I don't know how you do it all.

I have followed Kristie for a while now. Every single recipe that I have tried from her YouTube videos I have loved, so naturally I had to have this cookbook. Kristie has such a wonderful personality and it really shows in her videos. She has been such an encouragement to me on my low carb journey and I will always be grateful for the time that she has put into developing all of these recipes for us to enjoy. If you only buy one low carb cookbook this should be the one!!!

Beautifully laid out. These are no fail recipes that use great ingredients. Kristie's hard work and endless tweaking to get these recipes just right shines through with this book. You will not regret your purchase. Thank you, Kristie!

YEAH!!!! Finally a cookbook!!!!!! Dr. Kristie Sullivan is the leader on the Ketogenic lifestyle and how it will not only change your waist line but many have found that it takes away the aches and pains by taking out the inflammation in your body. It is a true healing process!!!! Kristie has lived through the

agony of failure after failure on the diet roller coaster. DIETS dont work !!!! The Ketogenic lifestyle does!!!! You dont have to give up what you like to eat, you just need to change the ingredients!!!! Kristie will break it down for you in her new cookbook . The Keto lifestyle has changed my life and Kristi has been a HUGE part of it. From the bottom of my heart THANK YOU KRISTIE!!!!!!

I found Kristie through her Facebook group, Low Carb Journey- cooking keto with Kristie. I was anxiously waiting for her to release this book, and ordered it as soon as it hit the market. Her recipes make this woe so much more simple and TASTY! I've lost over 60 lbs, thanks to her recipes and support group.

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