

free dirty keto diet plan

free dirty keto diet plan offers a flexible and accessible approach to ketogenic eating that emphasizes simplicity and convenience without sacrificing the core principles of low-carb, high-fat nutrition. This article provides a comprehensive guide to understanding the dirty keto diet, how it differs from the traditional clean keto approach, and practical tips for following a free dirty keto diet plan effectively. Readers will gain insight into meal ideas, potential benefits, and common pitfalls to avoid while maintaining ketosis. Additionally, this guide covers essential macronutrient targets, food selections, and lifestyle strategies to optimize weight loss and overall health on a dirty keto regimen. Whether starting keto for the first time or looking to simplify your existing plan, this article equips you with the knowledge to implement a sustainable dirty keto diet without breaking the bank or spending excessive time on meal preparation. Below is an overview of the main topics covered in this detailed exploration of the free dirty keto diet plan.

- Understanding the Dirty Keto Diet
- Benefits of a Free Dirty Keto Diet Plan
- Basic Principles and Macronutrient Goals
- Foods to Include and Avoid
- Sample Meal Ideas and Recipes
- Tips for Success on a Dirty Keto Plan
- Potential Risks and Considerations

Understanding the Dirty Keto Diet

The dirty keto diet is a variation of the traditional ketogenic diet that prioritizes maintaining ketosis through carbohydrate restriction and high fat intake, but allows for more flexibility in food quality and sources. Unlike clean keto, which emphasizes whole, nutrient-dense foods such as fresh vegetables, high-quality meats, and healthy fats, dirty keto permits processed foods, fast foods, and convenience items as long as they fit the macronutrient requirements. The free dirty keto diet plan specifically focuses on accessibility by incorporating affordable and easy-to-prepare foods. This approach appeals to individuals seeking the metabolic benefits of keto without the strict limitations on food choices or the burden of extensive meal planning.

Difference Between Dirty and Clean Keto

Clean keto emphasizes organic, unprocessed, and nutrient-rich foods to maximize overall health while maintaining ketosis. Dirty keto, in contrast, prioritizes macronutrient balance over food quality, allowing processed meats, packaged snacks, and other convenient options. Both approaches restrict carbohydrates typically to under 20–50 grams daily and encourage moderate protein and high fat consumption. The free dirty keto diet plan leverages this flexibility to reduce cost and preparation time, making keto more approachable for a wider audience.

How Ketosis Works on Dirty Keto

Ketosis is the metabolic state where the body burns fat for fuel instead of carbohydrates. The free dirty keto diet plan achieves this by limiting carbohydrate intake sufficiently to deplete glycogen stores, prompting the liver to produce ketones. Regardless of food quality, maintaining low carbohydrate levels is critical to staying in ketosis. Dirty keto allows for convenient, processed foods as long as they fit macronutrient goals, thus enabling ketosis while simplifying adherence.

Benefits of a Free Dirty Keto Diet Plan

Adopting a free dirty keto diet plan offers several advantages, particularly for those seeking convenience and cost-effectiveness without sacrificing the metabolic benefits of ketosis. The flexibility to include processed and fast foods makes it easier to follow consistently, reducing diet fatigue and increasing adherence rates. This plan can also accommodate busy lifestyles where time for cooking is limited.

Cost-Effectiveness and Accessibility

Because the free dirty keto diet plan incorporates affordable, readily available foods, it lowers the financial barrier often associated with clean keto. Pre-packaged, canned, and frozen items can be used confidently without the need for expensive specialty products, making keto dieting more inclusive.

Simple Meal Preparation

Dirty keto minimizes meal prep time by allowing quick, no-cook or minimal-cook options. This simplicity helps maintain consistency and reduces stress related to meal planning, which is a common challenge for those new to ketogenic diets.

Effective Weight Loss and Metabolic Health

Despite the relaxed food quality standards, the free dirty keto diet plan remains effective for weight loss and improving insulin sensitivity due to carbohydrate restriction. Many followers report significant fat loss, improved energy levels, and enhanced mental clarity while following this plan.

Basic Principles and Macronutrient Goals

The foundation of any ketogenic diet, including the free dirty keto diet plan, is to achieve and maintain ketosis through specific macronutrient distribution. Understanding these targets is crucial for success.

Carbohydrate Restriction

Carbohydrates are typically limited to 20–50 grams per day on a dirty keto diet. This restriction forces the body to switch energy sources from glucose to ketones derived from fats. Counting net carbs (total carbs minus fiber) is common practice.

Moderate Protein Intake

Protein intake is kept moderate, usually between 20–25% of daily calories, to prevent gluconeogenesis (conversion of protein to glucose), which can interfere with ketosis. Adequate protein supports muscle preservation and satiety.

High Fat Consumption

Fat intake comprises the majority of calories, generally around 70–75% of daily consumption. This macronutrient balance supports ketone production and provides sustained energy.

Foods to Include and Avoid

The free dirty keto diet plan encourages foods that fit macronutrient requirements regardless of processing level. However, awareness of which foods support ketosis and which can hinder progress is essential.

Allowed Foods

- Processed meats such as bacon, sausage, and deli meats

- Fast food items low in carbs like bunless burgers and grilled chicken
- Cheese, butter, and cream
- Eggs prepared in various convenient ways
- Low-carb packaged snacks and convenience foods
- Oils like olive oil, coconut oil, and mayonnaise
- Non-starchy vegetables in moderation

Foods to Avoid

- Sugary foods and desserts
- Grains, bread, pasta, and rice
- Starchy vegetables such as potatoes and corn
- High-sugar fruits like bananas and grapes
- Sweetened beverages and fruit juices

Sample Meal Ideas and Recipes

Implementing a free dirty keto diet plan is easier with practical meal examples that demonstrate how to combine convenience with ketosis-friendly foods.

Breakfast Options

- Scrambled eggs with cheese and bacon
- Full-fat Greek yogurt with a handful of nuts (low-carb versions)
- Breakfast sausage links with avocado slices

Lunch and Dinner Ideas

- Bunless cheeseburger with mayonnaise and pickles
- Grilled chicken thighs with a side of steamed broccoli and butter
- Fast food bunless breakfast sandwich (egg, cheese, sausage)
- Canned tuna mixed with mayonnaise served over leafy greens

Snack Suggestions

- String cheese or cheese sticks
- Pork rinds
- Low-carb beef jerky
- Olives and pickles

Tips for Success on a Dirty Keto Plan

While the free dirty keto diet plan offers flexibility, certain strategies enhance adherence and optimize results.

Track Macros Consistently

Using apps or food diaries to monitor carbohydrate, protein, and fat intake helps ensure the diet remains ketogenic despite varied food choices.

Stay Hydrated and Supplement Electrolytes

Keto diets often cause water and mineral loss; drinking sufficient water and supplementing sodium, potassium, and magnesium supports overall wellbeing.

Monitor Ketosis and Adjust as Needed

Testing ketone levels through breath, urine, or blood meters can provide feedback on diet effectiveness and guide adjustments.

Balance Convenience with Nutrient Density

Incorporate occasional nutrient-dense whole foods to support health while enjoying the convenience of dirty keto options.

Potential Risks and Considerations

Despite its benefits, the free dirty keto diet plan may present risks if not carefully managed, especially regarding long-term health.

Nutrient Deficiencies

Reliance on processed and packaged foods can result in inadequate intake of vitamins, minerals, and fiber, increasing risk for deficiencies.

Cardiovascular Health Concerns

High intake of processed meats and saturated fats requires monitoring blood lipid profiles and cardiovascular risk factors regularly.

Gastrointestinal Issues

Low fiber consumption may cause constipation or digestive discomfort; including low-carb vegetables and hydration is important.

Individual Variability

Keto diets are not suitable for everyone, particularly those with certain medical conditions; consultation with healthcare providers is advisable before starting.

Frequently Asked Questions

What is a free dirty keto diet plan?

A free dirty keto diet plan is a low-carb, high-fat eating approach that allows for more flexibility with food quality, focusing on macronutrient ratios rather than strict food choices, and is available at no cost through various online resources.

How does a dirty keto diet differ from a clean keto diet?

Dirty keto focuses on maintaining keto macros regardless of food quality, including processed and convenience foods, while clean keto emphasizes whole, unprocessed foods and better nutrient quality.

Where can I find a free dirty keto diet plan?

Free dirty keto diet plans can be found on websites, blogs, YouTube channels, and social media platforms dedicated to keto lifestyle, often offering downloadable meal plans and recipes.

Is the dirty keto diet effective for weight loss?

Yes, the dirty keto diet can be effective for weight loss as it maintains the key principle of low carbohydrate intake, which helps the body enter ketosis and burn fat for fuel.

What are some common foods included in a dirty keto diet plan?

Common foods in a dirty keto diet include processed meats, cheese, low-carb snacks, fast food options low in carbs, and convenience foods that fit the keto macros, even if they are not nutrient-dense.

Are there any health risks associated with following a dirty keto diet plan?

Potential health risks include nutrient deficiencies, increased intake of unhealthy fats and additives, and possible negative effects on heart health due to reliance on processed foods if not properly managed.

Can beginners follow a free dirty keto diet plan easily?

Yes, beginners often find dirty keto easier to follow because it allows more flexibility and less focus on strict food quality, making it simpler to adhere to in daily life.

How can I customize a free dirty keto diet plan to suit my preferences?

You can customize a free dirty keto diet plan by selecting low-carb foods you enjoy, adjusting portion sizes to meet your macros, and incorporating a mix of processed and whole foods that fit your lifestyle and dietary needs.

Additional Resources

1. *Dirty Keto Made Simple: A Practical Guide to Low-Carb Freedom*

This book breaks down the dirty keto diet into easy-to-follow steps, focusing on flexibility and convenience. It offers meal plans and recipes that prioritize low-carb intake without the stress of strict ingredient rules. Ideal for beginners who want to enjoy keto without overcomplicating their lifestyle.

2. *The Dirty Keto Diet Plan: Lose Weight Without the Fuss*

Discover how to shed pounds effectively with dirty keto, a more relaxed version of the traditional keto diet. This guide includes tips on quick meals, snack ideas, and how to stay in ketosis while enjoying some processed foods. It's perfect for those seeking a sustainable, no-nonsense approach.

3. *Dirty Keto for Busy Lives: Easy Recipes and Meal Plans*

Tailored for people with tight schedules, this book offers simple recipes and meal prep strategies that fit into a busy lifestyle. The dirty keto approach allows for flexibility without sacrificing results. Readers will find practical advice on balancing work, family, and health.

4. *The Ultimate Dirty Keto Cookbook: Tasty Low-Carb Meals Without the Guilt*

This cookbook features a variety of flavorful dirty keto recipes that are quick to make and use accessible ingredients. It encourages readers to enjoy their favorite comfort foods while staying in ketosis. Nutritional information and cooking tips help maintain a balanced diet.

5. *Free Dirty Keto Diet Plan: Your Guide to Easy Weight Loss*

A comprehensive, free resource that outlines the basics of dirty keto, including meal plans and shopping lists. It emphasizes affordability and simplicity, making keto accessible to everyone. The plan adapts to different lifestyles and preferences for long-term success.

6. *Dirty Keto Hacks: How to Stay Low-Carb Without Breaking the Bank*

Focused on budget-friendly strategies, this book teaches readers how to eat dirty keto without overspending. It includes tips on choosing affordable ingredients and making the most of leftovers. Great for those who want to maintain keto on a tight budget.

7. *Dirty Keto Lifestyle: Balancing Freedom and Fat Loss*

Explore the philosophy behind the dirty keto lifestyle, which balances flexibility with effective fat loss. This book provides motivational advice and mindset tips alongside diet strategies. It's designed for readers who want to enjoy their food and still achieve their health goals.

8. *Dirty Keto on a Budget: Cheap and Easy Low-Carb Meals*

This book offers a variety of low-cost, simple recipes that fit the dirty keto framework. It helps readers cut expenses without compromising taste or ketosis. Meal planning tips and grocery guides make sticking to the diet straightforward and affordable.

9. *The Science of Dirty Keto: Understanding the Low-Carb Approach*

Delve into the scientific principles behind the dirty keto diet, explaining how it works and why it's effective. This book breaks down metabolism, ketosis, and nutrition in an easy-to-understand way. Perfect for readers who want a deeper understanding of their dietary choices.

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free dirty keto diet plan: The Easy Dirty Keto Cookbook Emilie Bailey, 2022-08-23 Simplify mealtime with dirty keto recipes made easy If a strict, clean-eating keto diet sounds like a chore, then the dirty keto diet may be just what you're looking for. With a flexible approach that allows for pre-made foods, processed ingredients, and other shortcuts, the dirty keto diet is still macro-friendly without all the fuss. This cookbook offers 100 dirty keto recipes that are easy to throw together—so you can enjoy delicious low-carb cooking even on your busiest days. Dirty keto 101—Become a dirty keto boss with clear guidance for calculating macros, stocking your kitchen, and making mealtime a breeze. Truly easy recipes—Discover recipes that require minimal prep; utilize budget-friendly ingredients; and can be made in 30 minutes or less, in one pot, or with five or fewer ingredients. Crave-worthy meals—Stay in ketosis without sacrificing flavor with a wide variety of dirty keto recipes that'll have your mouth watering from breakfast to dessert. Hit your macros without a hassle

with The Easy, Dirty Keto Cookbook!

free dirty keto diet plan: Super Simple Keto Aimee Aristotelous, Richard Oliva, 2021-09-07 Learn the most simple and effective way to adhere to the widely popular ketogenic diet, and lose up to twenty pounds per month with easy meal plans and recipes containing no more than six ingredients. The ketogenic diet, which promotes weight loss from being in the metabolic state of ketosis, is one of the most popular and effective diet plans in recent years, and it continues to grow in popularity as people across the country learn more and more about it. Some are hesitant to try the lifestyle not only due to the high fat intake, but also because they presume keto to be extremely complicated—but it doesn't have to be! Super Simple Keto is an easy-to-follow plan with basic ingredients and meal preparation, with several options for restaurant fare for those who are on-the-go. You'll benefit from Super Simple Keto because it contains: Helpful graphics so readers can visualize exactly what to eat to lose weight and see blood sugar level improvements in just one month Emphasis on the healthiest fats and cleaner ketogenic foods Detailed grocery lists, meal plans, and macronutrient charts Categorized fats, carbohydrates, and proteins which are most beneficial for the healthiest keto plan Mouthwatering recipes you can whip up in no time! Just two chapters of "keto boot camp" will get you off and running to your new healthier lifestyle, without the need for spending hours of research. Nutritionists and authors Aimee and Richard instruct readers on exactly what to eat to achieve ketosis, weight loss, and overall health improvements, without requiring exercise or too much time spent in the kitchen. In as little as thirty days, readers will learn how to achieve freedom from sugar and the processed food lifestyle, and they will kick-start their weight loss goals, in the most super simple way!

free dirty keto diet plan: Extra Easy Keto Stephanie Laska, 2023-05-16 From USA Today and Publisher's Weekly bestselling author Stephanie Laska comes a seven-day keto kick-start that is extra easy to follow! As seen on NBC's Today show and the cover of Woman's World magazine, Stephanie Laska shares her secrets to losing 140 pounds. If you want to lose weight on a keto-ish diet while having a life, this is the book for you. There are no complex math equations or "ridonculous" ketogenic rules to follow—think simple and stress-free! Whether you want to start a keto diet fresh or need help getting over a weight-loss hump, Stephanie Laska is here to help you begin in an Extra Easy Keto way. Over seven days, Stephanie will lay out a workable plan in bite-sized pieces. With carb-counting cheat sheets and proven meal-planning tricks, Extra Easy Keto is doable for everyone! You can have your (sugar-free) cake and eat it too. From cheesy casseroles to low-carb cheesecakes, fat-fueled, keto-friendly foods satisfy hunger, facilitate weight loss, and taste great.

free dirty keto diet plan: Keto-Green 16 Anna Cabeca, DO, OBGYN, FACOG, 2024-01-02 An innovative 16-day plan that combines the fat-burning benefits of a ketogenic diet with the brain-clearing and keto-flu protection of alkaline food, by the USA Today bestselling author of The Hormone Fix. "A powerful program that paves the way for lasting health, longevity, and disease resistance."—David Perlmutter, MD, New York Times bestselling author of Grain Brain Are you having a hard time losing weight? Do you suffer from brain fog, lack of focus, or poor memory? Do you run out of energy halfway through the day? Do you have unwanted cravings? If you answered "yes" to any of these questions, join the club! In this revolutionary book, Dr. Anna Cabeca shares a proven way to finally give you the results you want, need, and deserve. There is no question that going keto works. This strict high-fat/low-carb diet denies the body glucose as a main source of energy and instead promotes the production and use of ketone bodies as fuel. It's a great way to move you off a weight plateau, gain willpower, and get results fast. But going keto also often results in gastrointestinal discomfort, low energy, and moodiness—known as the "keto flu"—which makes the diet hard to sustain. The solution? Add alkaline foods—leafy greens, other vegetables, broths, healthy oils, nuts, and seeds—for a lifestyle that's more sustainable and easier on your body. In other words: Go Keto-Green and thrive! A triple-board-certified physician, Dr. Anna Cabeca developed her method through years of careful patient and test-panel research. In Keto-Green 16, she explains the science behind her innovation: Hormone production dips as a woman ages, leading to increased

visceral fat. By pairing keto-diet staples with foods that bring the body's pH to a more alkaline level, you'll shed belly fat while balancing the hormones responsible for that bulkier midsection. And by fueling your brain with ketones—like rocket fuel instead of gasoline—you'll make better decisions, including healthier choices for what to eat. The unique nutritional balance of the Keto-Green 16 diet also boosts mood. With 16 days of what-to-eat instructions (including a version for vegetarians and vegans); more than 50 delicious breakfast, lunch, dinner, and snack recipes; information about the 16 best alkaline foods; a 16-hour intermittent-fasting strategy; 16-minute HIIT exercise routines; and a chapter outlining the specifics of the nutritional plan just for men; Keto-Green 16 will ensure that you skip the flu and get on with rapid and amazing weight loss.

free dirty keto diet plan: *Clean Ketogenic Diet for Beginners* Shelby Law Ruttan, 2022-05-31 Simplify clean eating on the keto diet with this beginner's guide Eating a ketogenic diet doesn't mean you have to subsist on bacon and butter—you can actually enjoy balanced meals packed with a variety of lean proteins, healthy fats, and fresh produce! This beginner-friendly keto diet cookbook shows you how, with 75 nutritious recipes and a 14-day meal plan to set you up for success. What sets this keto diet book for beginners apart: A clean keto primer—Learn what eating a clean keto diet looks like as well as how it can boost weight loss and improve your overall health. Truly healthy recipes—Discover simple recipes that rely on nutrient-dense whole foods that you can easily find at your local grocery store. Meal plans to get you started—Dive into the clean keto lifestyle with two weeks of pre-planned meals, complete with weekly shopping lists. Kick-start weight loss and boost your overall health with this clean keto cookbook for beginners.

free dirty keto diet plan: DIRTY, LAZY, KETO (Revised and Expanded) Stephanie Laska, 2020-05-05 USA TODAY Bestseller DIRTY, LAZY KETO is part girlfriend's guide, part inspirational story detailing the secret to losing weight and keeping it off without the strict restrictions of a traditional keto diet. You don't have to be perfect at keto to be successful! Stephanie Laska lost 140 pounds, roughly half of her body weight, by following her own version of the keto diet. She figured out the secret to losing weight was to break the rules. Who wants to count every single crumb that enters their mouth? Um, no one! Stephanie found long-term success with an outlaw version of the keto diet she calls both dirty and lazy. Are you interested in the Ketogenic diet? Have you tried it and found it difficult and intimidating? Good news! This guide is here to help inspire keto beginners and offer a fresh approach to those keto-shamed for wanting a Diet Coke. We all know losing weight isn't just about the food - it's so much more complicated. Stephanie shares her heartfelt secrets to weight loss success in DIRTY, LAZY, KETO Get Started Losing Weight While Breaking the Rules. · Meal ideas, recipes, and food pyramids - but with hand-holding and girlfriend counseling sessions for when things get rough · Answers the embarrassing keto questions you've been too afraid to ask · Tricks to overcome roadblocks like happy hour and cake-pushers · The down and dirty on how and why this works Let Stephanie help you find true success, the dirty, lazy way! FULLY EXPANDED EDITION OF THE BESTSELLING MINI GUIDE

free dirty keto diet plan: *The Beginner's Keto Meal Plan* Kassey Cameron, 2020-12-22 Eliminate Stress and Guesswork with This Easy Guide to Low-Carb, High-Fat Cooking Transitioning to a Keto diet can feel overwhelming and confusing. But luckily for you, Kassey Cameron is a seasoned Keto pro and is here to share her know-how—including a 6-week meal plan to help you kick off your Keto journey with ease. Kassey's delicious high-fat, low-carb recipes have all your breakfast, lunch, dinner and snack needs covered. Get your day started right with tasty recipes like Mini Mexican Crustless Quiches or Maple Bacon Donuts that'll give you energy to tackle your to-do list. Grab a bowl of The Best Mac and Cheese or whip up a Bacon and Spinach Calzone for a mid-day refuel. Make dinnertime a snap with to-die-for meals like Grilled Margherita Chicken, Beef Bourguignon or Pan-Seared Tomato Basil Haddock. And don't forget your sweet treats—desserts and snacks like Snickers Chia Seed Pudding, Strawberry Shortcake for Two and Cannoli Fat Bombs will satisfy your sweet tooth without throwing off your diet! With Kassey's standout recipes and meal plan, plus all the useful tips and tricks you need for tracking macros, learning which foods to avoid, balancing your electrolytes and more, adopting a Keto diet couldn't be easier!

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free dirty keto diet plan: *Carb Manager's Keto Diet Cookbook* Carb Manager, 2020-12-22 The Official Companion Cookbook for the #1 Keto Diet Tracking App Start the keto diet for dramatic weight loss with the team behind Carb Manager. As the most popular and top-rated low-carb and keto diet app, Carb Manager has helped millions of people around the world achieve their health goals. This cookbook presents 101 original, delicious, beginner-friendly recipes that you can't get anywhere else. Each recipe comes with a QR code that loads directly into the app, making it a snap to track your macros throughout the day. From weeknight-friendly dinners that are ready in 30 minutes or less to make-ahead meals that freeze well, to snacks, sides and sweet treats, you'll find tons of tasty choices for every craving and occasion, such as: • Breaded Meatballs with Pesto Noodles • Charred Steak and Mushroom Lettuce Wraps • Creamy Shrimp and Wild Rice Risotto • Pepperoni Pizza • Cheddar Zucchini Crisps • Buttermilk Biscuits • Chicken Burrito Bowls with Lime Crema • Blueberry-Lemon Pancakes • Raspberry Cheesecake Breakfast Pots • Hazelnut Truffle Fat Bombs • Chocolate Celebration Cake Featuring sample meal plans and gorgeous full-page photography for every recipe, this is the only cookbook you need to eat better, achieve your weight-loss goals and enjoy the keto lifestyle.

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free dirty keto diet plan: *Keto After 50* Molly Devine, 2025-06-17 A comprehensive guide to going keto for anyone 50 and over Discover how keto can work for you! No matter your reasons for changing what you're eating, *Keto After 50* gives you a detailed overview of what keto is, how it can help you lose weight, and the other unique benefits it offers. Set yourself up for success with a satisfying meal plan, helpful shopping lists, and more. *Keto After 50* features: Keto explained—Learn all about ketosis and necessary macronutrients specifically for people over 50, as well as how the ketogenic diet can help with everything from cardiac health to neurological function and arthritis. A 28-day plan—*Keto After 50* helps keep your new diet manageable with four weeks of pre-planned meals that ease you into the ketogenic diet and help you establish sustainable habits for long-term

success. Bonus recipes—Go beyond the meal plan with additional recipes that help you plan your own meals and cook up even more keto-friendly breakfasts, lunches, dinners, and snacks. Make it easy to go keto after 50 with this comprehensive guide and cookbook.

free dirty keto diet plan: *The DIRTY, LAZY, KETO Cookbook* Stephanie Laska, William Laska, 2020-01-07 USA TODAY BESTSELLER * As seen on the Today show * More than 100,000 copies sold! After losing 140 pounds, bestselling author Stephanie Laska shares her unconventional weight loss secrets and 100 easy, accessible recipes so you too can experience the fun behind the keto lifestyle with lots of humor and zero judgement. You don't have to be perfect to be successful at weight loss—now you can bend the rules and still lose the weight. If your version of the keto diet includes a Diet Coke, low-carb beer, or the occasional chocolate-covered protein bar, *The DIRTY, LAZY, KETO Cookbook* is your roadmap for results. Bestselling author Stephanie Laska explains her flexible, honest, and real-world approach to losing weight with the keto diet and inspires you to cook your way to weight loss, maintenance, and beyond whether you're a beginner or experienced keto veteran. Including 100 recipes that are under 10 net carbs per serving, *The DIRTY, LAZY, KETO Cookbook* presents affordable, traditional, and—most importantly—recognizable recipes to guide you on your weight loss journey. All of the ingredients can be found at discount grocery stores—nothing fancy here! Within these relatable and unique recipes there are meals for picky eaters, fancier meals for guests, and some that are vegetarian “ish” (don't contain meat, but may contain dairy or eggs). And with simple, stress-free instructions that require no cooking experience, there's no excuse not to cook.

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