

# **My 10 Best Keto Books**

**Juan Rademacher**

- 1. [The Easy 5-Ingredient Ketogenic Diet Cookbook](#): Low-Carb, High-Fat Recipes for Busy People on the Keto Diet  
by Jen Fisch (Paperback)**
- 2. [The Complete Ketogenic Diet for Beginners](#): Your Essential Guide to Living the Keto Lifestyle  
by Amy Ramos and Amanda C. Hughes (Paperback)**
- 3. [Keto Diet Cookbook For Beginners](#): 550 Recipes For Busy People on Keto Diet (Keto Diet for Beginners)  
by Elizabeth Cunningham (Paperback)**
- 4. [Keto Diet: Your 30-Day Plan to Lose Weight](#), Balance Hormones, Boost Brain Health, and Reverse Disease by  
Dr. Josh Axe**

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5. [\*\*The Keto Diet: The Complete Guide\*\*](#) to a High-Fat Diet, with More Than 125 Delectable Recipes and 5 Meal Plans to Shed Weight, Heal Your Body, and Regain Confidence  
by Leanne Vogel
  
6. [\*\*Keto Diet For Dummies\*\*](#), 1st Edition  
By Rami Abrams and Vicky Abrams
  
7. [\*\*The Essential Keto Diet for Beginners\*\*](#)  
**#2019**: 5-Ingredient Affordable, Quick & Easy Ketogenic Recipes | Lose Weight, Lower Cholesterol & Reverse Diabetes | 21-Day Keto Meal Plan  
by Dr. Suzy Shaw-
  
8. [\*\*Keto: The Complete Guide to Success on The Ketogenic Diet\*\*](#), including Simplified Science and No-cook Meal Plans (Paperback)

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- 9.** [\*\*21-Day Ketogenic Diet Weight Loss Challenge\*\*](#): Recipes and Workouts for a Slimmer, Healthier You  
by Rachel Gregory MS CNS ATC CSCS and Amanda C. Hughes
  
- 10.** [\*\*DIRTY, LAZY, KETO\*\*](#): Getting Started: How I Lost 140 Pounds  
by Stephanie Laska and William Laska

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