



28 Days Keto

A complete guide to living the keto lifestyle easily

By Lisa Butterworth and Caroline Hwang

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A 28-day plan to help you achieve ketosis easily and enjoy the benefits of a keto lifestyle.

Embarking on a new diet can be daunting, especially if it means drastically changing what you eat and having to cook with ingredients that might be unfamiliar to you. *28 Days Keto* takes the stress out of dieting, helping you to transition to ketosis and enjoy all the benefits that the keto diet brings.

An introduction to the keto diet, this book includes everything you need to know, from the science behind the diet and keto-friendly ingredients to meal plans, shopping lists and easy-to-follow advice.

To help make the transition easier, *28 Days Keto* has 28 full days of recipes, from breakfast to dinner, and a shopping list for every week – healthier decisions don't have to be difficult. With snacks, drinks and basics included, everything is covered to make the transition to a keto diet achievable and effortless.

Lisa Butterworth (left) is the West Coast editor of *BUST* and a founding editor of *Tidal*. She covers food, fashion, pop culture, women's issues and more for outlets including *Nylon*, *Cosmopolitan*, *Women's Health*, *ELLE*, *Martha Stewart Living*, *Time Out* and *New York Magazine* while basking in L.A.'s eternal sunshine.

Caroline Hwang is a Los Angeles-based food stylist and recipe developer. She left a career in the arts to pursue her love and passion for food and cooking by way of restaurant kitchens. She works across a range of commercial and editorial media and has worked with prestigious clients including Foodheem, Beyond Burgers and Stella Artois.



WHAT IS KETO?

Of all the wellness trends and eating styles, the ketogenic diet is probably one of the most misunderstood. For many, it's all about low-carb, high-fat eating. But for you, it's about a high level of fat burning, which has been found to be a more powerful way to lose weight, burn fat, and boost your health.

CONVERTING FOOD TO ENERGY

Carbohydrates are broken down into glucose, which is used for energy. Fat is broken down into fatty acids, which are used for energy. Protein is broken down into amino acids, which are used for energy.

HEADING PLEASE X

WEEK ONE WEEKLY SHOPPING LIST

FRUIT

- Avocado 1 (150g)
- Banana 1 (120g)
- Blueberries 1 (150g)
- Cherry 1 (150g)
- Coconut 1 (150g)
- Dragonfruit 1 (150g)
- Eggplant 1 (150g)
- Fig 1 (150g)
- Grape 1 (150g)
- Guava 1 (150g)
- Jackfruit 1 (150g)
- Kiwi 1 (150g)
- Lemon 1 (150g)
- Lime 1 (150g)
- Mango 1 (150g)
- Orange 1 (150g)
- Pineapple 1 (150g)
- Raspberries 1 (150g)
- Strawberries 1 (150g)
- Watermelon 1 (150g)
- Yuzu 1 (150g)

VEGETABLES

- Asparagus 1 (150g)
- Broccoli 1 (150g)
- Cauliflower 1 (150g)
- Cucumber 1 (150g)
- Garlic 1 (150g)
- Green beans 1 (150g)
- Leek 1 (150g)
- Onion 1 (150g)
- Parsnips 1 (150g)
- Peas 1 (150g)
- Spinach 1 (150g)
- Sweet potato 1 (150g)
- Tomato 1 (150g)
- Zucchini 1 (150g)

MEAT & SEAFOOD

- Chicken breast 1 (150g)
- Salmon 1 (150g)
- Beef 1 (150g)
- Pork 1 (150g)
- Shrimp 1 (150g)
- Scallop 1 (150g)
- Crab 1 (150g)
- Seafood 1 (150g)

DAIRY

- Butter 1 (150g)
- Cheese 1 (150g)
- Yogurt 1 (150g)
- Ice cream 1 (150g)
- Whipped cream 1 (150g)

OTHER

- Almond flour 1 (150g)
- Coconut flour 1 (150g)
- Almond milk 1 (150g)
- Coconut milk 1 (150g)
- Almond butter 1 (150g)
- Coconut oil 1 (150g)
- Almond extract 1 (150g)
- Coconut extract 1 (150g)

WEEK 1 PREP

Check to see if you have any of these already made and if not, add ingredients to your shopping list.

BAKES

- Almond flour 1 (150g)
- Coconut flour 1 (150g)
- Almond milk 1 (150g)
- Coconut milk 1 (150g)
- Almond butter 1 (150g)
- Coconut oil 1 (150g)
- Almond extract 1 (150g)
- Coconut extract 1 (150g)

PREP

- Almond flour 1 (150g)
- Coconut flour 1 (150g)
- Almond milk 1 (150g)
- Coconut milk 1 (150g)
- Almond butter 1 (150g)
- Coconut oil 1 (150g)
- Almond extract 1 (150g)
- Coconut extract 1 (150g)

MEAT

- Chicken breast 1 (150g)
- Salmon 1 (150g)
- Beef 1 (150g)
- Pork 1 (150g)
- Shrimp 1 (150g)
- Scallop 1 (150g)
- Crab 1 (150g)
- Seafood 1 (150g)

WEEK 1 TIMETABLE

10:30AM	11:30AM	12:00PM
MEAL	MEAL	MEAL
10:30AM	11:30AM	12:00PM

DAY 01 MONDAY

Today's dinner recipe makes enough meat dishes for you to eat other recipes throughout the week.

BREAKFAST
Cinnamon porridge

LUNCH
Avocado & prosciutto salad with blue cheese

DINNER
Roast chicken with vegetables

DAY 02 TUESDAY

Today's berry this week adding some prep for the night before, for a quick and easy breakfast for you.

BREAKFAST
Berry chia seed pudding

LUNCH
Curry chicken with cauliflower rice

DINNER
Aubergine lasagne

DAY 03 WEDNESDAY

Golden berries are the lowest carb-containing berry, which makes them a great way to sweeten your breakfast. They also contain good fats.

BREAKFAST
'Oatmeal' with golden berries & nuts

LUNCH
Prosciutto & goat's cheese salad

DINNER
Mediterranean meatballs

DAY 04 THURSDAY

Save time by using leftover roast chicken from Day 1 to make today's simple salad bowl.

BREAKFAST
Cacao smoothie bowl

LUNCH
Cacio cheese salad with rocket

DINNER
Roast egg & spicy tomato broth

DAY 05 FRIDAY

Try your already made cauliflower with fish, cheese and greens for today's delicious dinner, and you won't even taste the berry pieces.

BREAKFAST
Kale bowl with granola

LUNCH
Cacio salad

DINNER
Pesto with gnocchetti & kale

DAY 06 SATURDAY

Today's breakfast is a great keto meal, but after some time, it's a great keto meal, but after some time, it's a great keto meal, but after some time, it's a great keto meal.

BREAKFAST
Eggs in avocado with goat's cheese

LUNCH
Chicken & cucumber bowl

DINNER
Roasted spaghetti squash with herb pesto

DAY 07 SUNDAY

For those who prefer vegetable-based meals, this is the best keto meal to eat today. It's a great keto meal, but after some time, it's a great keto meal.

BREAKFAST
Eggs Florentine

LUNCH
Summer heirloom tomato salad with blue cheese dressing

DINNER
Fried Caul-rice