

The Low Carb Gourmet

Keto Diet Cookbook for Women After 50 with Bonus [4 Books in 1] Keto Flex Academy 2021-03-27 "55% OFF for Bookstores! Discounted Retail Price NOW!!" Are your customers looking for burning fat without feeling on a diet? Do you want to make sure that by buying just one book they will come back to buy again and again? Then, You Need This Bundle in Your Library and... Your Customers Will Never Stop to Use and Gift It! ? - WHY THIS BOOK CAN HELP YOUR CUSTOMERS Losing weight is always a struggle.... With an estimated 3 out of 4 citizens (75%) in the United States expected to be obese, we're sitting on a ticking time bomb because with obesity comes all sorts of associated health problems like heart disease, high blood pressure, aging skin, diabetes, arthritis and more. Why does this happen all the time? Because the metabolism has been substantially slowed down, but there is another problem.... Standard diets are not suitable for all people, especially those with a few extra pounds. This makes it very difficult for people of average cut or above to lose weight sustainably on a diet. Your customers will find: □ What is the ketogenic diet and its importance for overweight people □ How exactly the ketogenic diet solves obesity in a way that is unlike any other □ Dozens of tasty low-carb recipes to boost metabolism, reverse aging, forget about digestive issues and more □ Self-induced ketosis activation that counts more than 4,319 case studies in one year □ High-quality images and foolproof instructions If your customers are tired of following diets that end up causing unintended problems that they can't deal with, this smart cookbook will show them a new approach to dieting based both on fat burning and achieve lots of health benefits like fighting diabetes, heart disease, cancer, diabetes, aging and more! Are you ready to leave a permanent imprint on the lives of your clients and their families? Click the "BUY NOW" Button, Buy THOUSANDS of Copies, and Let Your Customers Rob Your Library!!

Squeaky Clean Keto Mellissa Seigny 2020-06-16 Squeaky Clean Keto marries the principles of clean eating with the ketogenic diet, resulting in reduced inflammation, faster weight loss, and better overall health. It provides readers with the methods and principles of squeaky clean keto (no grains, dairy, alcohol, sweeteners, or nuts), 30 days of easy-to-follow meal plans, and more than 130 delicious recipes that are big on flavor and will appeal to even the pickiest of eaters. This book will help readers lose weight, feel healthier, and identify whether certain common allergens are hindering their progress—all while eating an abundance of delicious foods that the entire family can enjoy. Squeaky Clean Keto makes weight loss on keto almost effortless, even for people who are self-proclaimed “slow losers.” Food intolerances and inflammation caused by common keto foods like dairy, nuts, and sweeteners can slow weight loss, so when those things are completely removed from the diet, many see rapid results that they weren’t getting on “regular” keto. After 30 days of squeaky clean keto, slowly reintroducing the potentially offending foods can shine a light on which foods may have been stalling weight loss. With this information in hand, readers can decide to limit or omit those foods completely moving forward for a fully customized approach to the keto diet.

The Low-Carb Gourmet Karen Barnaby 2004-11-01 "Cook well. Eat well. That's always been my philosophy," Karen Barnaby says. "I've just translated it into low-carbing." Anyone who is currently on-or contemplating embarking upon-one of the many low-carb diets will find The Low-Carb Gourmet to be a goldmine of recipes, tips, and inspiration. The first sophisticated low-carb cookbook on the market from acclaimed chef Karen Barnaby, who has lost 70 pounds through low-carb eating. Over the past few years, low-carb high-protein diets have changed the way America eats. But how much steak, bacon, and cheese can a person eat? Low-carbers have been looking for a cookbook that will give them the variety, sophistication, and sublime taste sensations that the true food lover craves-and yet will allow them to reap the weight-loss and health benefits of low-carb eating. In The Low-Carb Gourmet, award-winning Canadian cookbook author Karen Barnaby, executive chef of the famed Fish House in Vancouver, applies her carb-cutting techniques to sophisticated dishes, including soups, snacks, sauces, main dishes, and even spectacular sweets. The 250 recipes range from Prawns with Peppery Garlic Vinaigrette, Guacamole, and Pancetta Wrapped Salmon with Red Wine Butter to Beef Salad with Creamy Horseradish Dressing, Daikon Radish, Chinese Cabbage and Tofu Soup, Pumpkin Cheesecake, and Tiramisu. The author reveals some secrets to low-carb shopping and offers expert advice on meal planning for special occasions.

Eat Rich, Live Long Ivor Cummins 2018-02-27 You can take control of your health, lose weight, prevent disease, and enjoy a long and healthy life. The unique nutritional program outlined in Eat Rich, Live Long is designed by experts to help you feel great while you eat delicious and satisfying foods. Millions of people have gotten healthy through low-carb plans over the years—and a growing number have discovered the wonderful benefits of ketogenic (keto) nutrition. Many are confused, though, about how low-carb they should go. Now, Eat Rich, Live Long reveals how mastering the low-carb/keto spectrum can maximize your weight loss and optimize your health for the long term. In this book, Ivor Cummins, a world-class engineer and technical master for a huge global tech corporation, and Dr. Jeff Gerber, a family doctor who is widely regarded as a global leader in low-carb nutrition, team up to present their unique perspectives from their extensive clinical, medical, and scientific/research experience. Together, Cummins and Gerber crack the code that shows you how to eat the foods you enjoy, lose weight, and regain robust health. They reveal how the nutritional “experts” have gotten it so wrong for so long by demonizing healthy natural fats in our diets and focusing on cholesterol and LDL as the villains. In fact, as the authors reveal by drawing on the latest peer-reviewed global research, eating a high percentage of natural fats, a moderate amount of protein, and a low percentage of carbs can help you lose weight, prevent disease, satisfy your appetite, turn off your food cravings, and live longer. The heart of Eat Rich, Live Long is the book’s prescriptive program, which includes a seven-day eating plan, a fourteen-day eating plan, and more than fifty gourmet-quality low-carb, high-fat recipes—illustrated with gorgeous full-color photographs—for breakfasts, lunches, appetizers, snacks, dinners, drinks, and desserts. Low-carb never tasted so good! Nutritional sacred cows are constantly being challenged in the media. How much fat should we eat—and which kinds of fats are best? Which fats can contribute to diabetes, heart disease, and early mortality? Does a high-protein diet increase muscle mass and lead to vigorous health—or can it promote aging, cancer, and early mortality? Which vitamins and minerals should we be taking, if any? How do we change our metabolism so that our bodies burn fat instead of all the sugars we consume? Does intermittent fasting really work? Eat Rich, Live Long lays out the truth based on the latest scientific research, and it will change the way you look at eating. Meanwhile you will lose weight—and look and feel great.

The New Mediterranean Diet Cookbook Martina Slajerova 2021-03-30 The New Mediterranean Diet Cookbook is your guidebook to the ultimate superdiet, an evidence-based keto diet that emphasizes a diversity of fish, healthy fats, and a rainbow of colorful vegetables—with 100 delicious recipes for everything from snacks to dinner. The Mediterranean diet has long been touted as one of the world’s healthiest diets, renowned for its protective effects against heart disease, cancer, and other chronic illnesses. However, its heavy inclusion of grains and carbohydrates can contribute to obesity and is a drawback for many. Also shown to have many health benefits, the ketogenic diet stimulates the fat-burning and longevity-promoting state of ketosis by limiting carbs and emphasizing high-fat foods. While the keto diet is about the proportion of macronutrients (fats, protein, carbohydrates) in the food you eat, the Mediterranean diet is about specific food types: seafood, olive oil, colorful vegetables, and other anti-inflammatory foods. This book is about living and eating at the intersection of these complementary diets so you can reap the benefits of both. While both diets advocate significant amounts of healthy fats and protein, the new Mediterranean approach to keto significantly shifts the fat profile of the diet to emphasize the monounsaturated and omega-3 fats that health experts agree promote living a long disease-free life. It also includes colorful vegetables, providing a diversity of nutrients and flavor. The result is an enhanced Mediterranean diet that stokes metabolism, supports the gut and microbiome, and is anti-inflammatory, anti-aging, and nutrient-dense. Improve your overall health while enjoying delectable dishes including: Superfood Shakshuka Blender Cinnamon Pancakes with Cacao Cream Topping Green Goddess Salad Pancetta Wrapped Sea Bass Sheet Pan Crispy Salmon Piccata Fierce Meatball Zoodle

Bolognese Nordic Stone Age Bread Chocolate Hazelnut "Powerhouse" Truffles With The New Mediterranean Diet Cookbook, you'll learn how to balance your macronutrients, what foods are considered the new Mediterranean superfoods, and how to make tasty dishes to keep you satisfied all day.

The Low-Carb Gourmet Harriet Brownlee 2007-12-18 HERE'S A NUTRITIONALLY SOUND, VARIED, AND TASTY REGIMEN FOR ANYONE ON A LOW-CARB DIET In The Low-Carb Gourmet, Harriet Brownlee proves that low-carbohydrate diets can be both rewarding and full of flavor. Her variations on soups, salads, main dishes, and even desserts are simple yet sophisticated, allowing each dieter to modify his or her food plan to suit taste as well as nutritional needs. In The Low-Carb Gourmet you will find • more than 225 recipes—including appetizers, breads, pastas, ethnic foods, and desserts • carbohydrate counts for every recipe and every portion • nutritional hints for low-carb dieting • comprehensive gram- and calorie-counting charts This accessible guide is the perfect cooking companion for people who want to lose weight the low-carb way, as well as for those who simply want to maintain a healthy diet. It is a book for everyone who appreciates fine foods—but wants to stay slim.

Low-Carb Italian Cooking with the Love Chef Francis Anthony 2014-03 Offers a gourmet version of the low-carb, high protein diet by Robert Atkins, using Italian cuisine to show readers that it is possible to cut carbohydrates even in a pasta-rich environment.

Low-carb, Quick & Easy Frances Towner Giedt 2004 Dieters often feel like their options are limited—even just plain dull. This book contains 150 low-carb recipes that are sure to spice up the low-carb life! Everything from appetizers to desserts is featured—plus practical advice for low-carb eating.

Easy Low Carb Slow Cooking Robin Donovan 2016-08-16 Low-carb diets are more popular than ever. Limiting refined carbohydrates and increasing healthy fats and proteins can help you lose weight and improve cardiovascular health. By using healthy, truly low-carb ingredients, Easy Low-Carb Slow Cooking is the only low carb cookbook that allows you to enjoy flavourful meals that are good for you.

The Modern Proper Holly Erickson 2022-04-05 "The creators of the popular website The Modern Proper show home cooks how to reinvent what proper means and be smarter with their time in the kitchen to create dinner that everyone will love."--Provided by publisher.

Low-Carb Gourmet Karen Barnaby 2005 Delicious and satisfying recipes that are suitable for all today's popular and fashionable low-carb diets Millions of people are following low-carb diets, reaping the weight-loss and health benefits of low-carb eating. But it can get monotonous, and if you are a real food lover it can be hard to find recipes that will provide variety and sophistication and that taste great, too. The Low-Carb Gourmet features uncomplicated recipes that will be a pleasure to serve and make mealtimes something to look forward to. If you are on, or contemplating, a low-carb diet, The Low-Carb Gourmet will give you everything you need to make this kind of eating a way of life: tips on low-carb living, cooking and shopping; inspiration for entertaining, family meals and menu-planning; plus 80 fabulous, easy-to-prepare recipes.

The Gourmet Prescription for Low-Carb Cooking Deborah Friedson Chud 2002-04 In this truly sophisticated lower-carbohydrate cookbook, the author offers 163 enticing, full-flavored recipes geared toward a range of dietary results: lower insulin, increased fat-burning capacity, more energy, and weight loss. 47 color photos.

Dairy Free Keto Cooking Kyndra Holley 2019-07-16 Kyndra Holley is back again with another crave-worthy cookbook, but this time she is showing you that transitioning to dairy-free keto is anything but boring. Dairy-Free Keto Cooking is packed with Kyndra's signature mouthwatering and flavorful recipes that will leave you feeling satisfied and feeling your best. Using only approachable and accessible, nutrient-dense, real-food ingredients, Kyndra offers you a dairy-free keto roadmap that does not require a search for unfamiliar specialty ingredients or that you have a gourmet kitchen. Each one of her delectable recipes is rooted in simplicity and calls for ingredients that can be found at your local grocery store. Her creativity in the kitchen shines as she offers dairy-free substitutions that go far beyond the coconut. In addition to tantalizing your palate with tasty recipes, Dairy-Free Keto Cooking teaches you how to restore your health and wellness, while living a lifestyle that nourishes you in mind, body, and spirit. Whether your goal is to lose weight, heal your body from the inside out, or simply find your own personal version of food freedom, Kyndra will help you along in your journey to finding your personal path to wellness. Dairy-Free Keto Cooking features something for everyone. If you suffer from dairy intolerances or food allergies, this is the book for you. If you are someone who just loves easy to make, delicious food, then this book is for you. Kyndra has truly thought of everything, including suggestions for adding or reintroducing dairy for all the cheese-loving quesophiles. With recipes like this, how could anyone possibly feel deprived? Slow Cooker Pork Carnitas Cowboy Style Beef Ragout and Cauliflower Mash Sweet and Spicy Barbecue Ribs Loco Moco Pork Tenderloin with Dill Sauce Flourless Chocolate Lava Cake Easy Peasy Cuban Picadillo Salted Caramel Chocolate Chip Cookies Blueberry Maple Breakfast Sausage Crab Salad-Stuffed Avocado Scotch Eggs Supreme Pizza Soup Jalapeno Popper Chicken Salad Sandwiches Blackened Shrimp Fettucine Alfredo and much, much more! Kyndra debuts her latest work with everyone in mind and it is complete with several different meal plans (paleo, AIP, Egg free, nut free, 30 minute meals), as well as tons of valuable resources. Dairy-Free Keto Cooking will quickly become the go-to cookbook in your kitchen!

Fat Fast Cookbook 2 Dana Carpender 2016-11-28 ON SALE NOW FOR A LIMITED TIME THROUGH December 31, 2020! Introducing the NEW Fat Fast Cookbook 2 with 50 More--Even Better--Low-Carb High-Fat Ketogenic Recipes to Jump Start Your Low-Carb Fat Burning! Bestselling Low-Carb Expert and Author of Fat Fast Cookbook Dana Carpender has gone back to the kitchen in collaboration with CarbSmart Publisher Andrew DiMino to create 50 more incredible Low-Carb recipes that will quickly get you into Nutritional Ketosis and kick start your stalled weight loss. They've created an updated companion to the first Fat Fast Cookbook with 50 more Low-Carb High-Fat Ketogenic recipes to propel you into deep ketosis. Has your Low-Carb weight loss stalled even if you're strictly following the Atkins Diet? Do you find that no matter what you do, your weight is slowly creeping back up a little at a time? Are you looking for new, delicious, easy-to-make ways to add more healthy fat to your low carb diet? Do you already have the Fat Fast Cookbook but want even more Low-Carb High-Fat recipe ideas that your whole family will love? If you're ready to start again, we've got your solution. Harness the Fat Fast & Nutritional Ketosis and get back on track! Foreword by Jacqueline A. Eberstein, RN Includes a Foreword and detailed explanation of the Fat Fast science by Jacqueline A. Eberstein, RN--Dr. Atkins' own clinical nurse. She has been administering the Fat Fast to her patients for decades! Jacqueline has seen first hand how the Fat Fast works to get her stalled patients back into Nutritional Ketosis. All Diets Stall. Here's The Fix! The Fat Fast is the fastest way to lose stubborn fat--while maintaining muscle mass! The Fat Fast--1,000 calories per day, 90% from pure fat--resulted in average fat loss--not just weight loss, but fat loss--of over a pound per day! It's a radical, short-term strategy, but boy, does it work. First clinically proven in the 1950s, the Fat Fast was recommended by Dr. Robert Atkins to help metabolically resistant low carb dieters like you and me who hit a low-carb weight loss stall, and need to drive their bodies back into Nutritional Ketosis. Restart Your Low Carb Weight Loss With Nutritional Ketosis Nutritional Ketosis is a metabolic state where the body is burning only fat and their by-product, ketones, for energy. Combine that with caloric restriction, and your body starts to incinerate its own stored fat for fuel. If you've gone off your low carb plan, the Fat Fast is the fastest way to get back in the game. If you're metabolically resistant to weight loss, it's the most reliable way to break through and start losing. Too Much Protein and Too Little Fat Can Stall Weight Loss Despite the common term "high protein diet," research shows that the body can turn excess protein into glucose. Stop thinking "Low Carb/High Protein," and start thinking "Low Carb/High Fat." By replacing most protein with fat you trigger deep Nutritional Ketosis, jump-starting your stalled weight loss. But unless you enjoy olive oil shooters, or can afford to live on macadamia nuts, you need Fat Fast recipes to do it. Take A Look At What Fat Fast Cookbook 2 Includes! 50 MORE Delicious Low Carb / High Fat Recipes You'll love these quick and easy-to-prepare recipes written by Dana Carpender, Managing Editor of CarbSmart and author of Fat Fast Cookbook with contributions by CarbSmart Publisher Andrew DiMino. Even More Science Behind Using the Fat Fast Dana Carpender and Jacqueline A. Eberstein, RN explain the history and science of the Fat Fast, why it works, how it works, and how you can harness its power in your low-carb lifestyle. Easy to Find Fat Fast Foods That Will Restart Your Metabolism and Boost Your Fat Loss Learn the secrets to the foods that will help your body burn more fat with Fat Fast ingredients like shirataki noodles,

full-fat canned coconut milk, Medium Chain Triglyceride (MCT) oil, and many more. We include a list of these easy-to-find foods and ingredients you'll need for your Fat Fast recipes whether you purchase them in your local supermarket or online. A Sample of the Quick and Easy-to-Prepare Low Carb / High Fat recipes Dana's Fat Fast ChiliFat Fast Fried "Rice"Buffalo Chicken SoupFettuccini CarbonaraJalapeno Poppers on the RangeArtichoke and Mushroom "Risotto"Mac 'n' Nacho CheeseAvocado-Bacon SoupSpaghetti with Bacon and OlivesFat Fast KetonnaiseCreamy Lemon NoodlesLime Vanilla Fat BombsSalted Caramel Mocha Keto CoffeeTropical Cooler"Tapioca" Pudding Other Uses For Fat Fast Cookbook 2 These recipes are not just for Fat Fasting! If you're on a ketogenic diet for weight loss, sports performance, seizure control, cancer therapy, or just because it makes you feel good, you've just found dozens of delicious new low-carb / high-fat options!

15-Minute Low-Carb Recipes Dana Carpender 2003 A new book by the author of 500 Low-Carb Recipes introduces readers to the joys of low-carb, high-taste eating with more than two hundred recipes for everything from Chicken and Broccoli Alfredo to Mocha Mousse. Original.

Keto For Foodies Nicole Downs 2019-05-28 Nicole Downs delivers exceptional cuisine to every keto-table in her new book Keto for Foodies! Featuring an array of upscale, gourmet-style dishes that are all low-carb, keto and even kid approved, Nicole takes you on a journey of food excellence that will please every palate and tempt any taste bud. With her easy-to-follow recipes, accessible ingredients, and tips and tricks on making meals that are high-quality, you will feel as though you are eating every meal at a 5-star restaurant - without the effort or cost! Keto for Foodies features page after page of the most indulgent and mouthwatering meals that will impress even the most discerning of foodies! Keto for Foodies is complete with: full-page color photos, special occasion menus, recipe variations, keto shopping lists, cooking techniques/time saving tips. Nicole even takes the guess work out of simple seasoning showing you how to perfectly balance the right ratios for phenomenal flavor. Sample Recipes Include: Shrimp & Lobster Dip French Onion Soup Beef Bourgnion Pistachio Crusted Cod French Country Stew Bacon Wrapped Pork Medallions with Maple Chipotle Cream Dark Chocolate Pots De Creme Whether you are keto, low-carb or just simply a food lover, Keto for Foodies guarantees an experience you will love!

The Everyday Ketogenic Kitchen Carolyn Ketchum 2017-10-03 Step into the kitchen of renowned food blogger and low-carb guru Carolyn Ketchum as she shows you how to create mouthwatering keto dishes in her new cookbook, *The Everyday Ketogenic Kitchen*. She delivers a delectable array of recipes from easy family favorites to more gourmet, "date night" fare. Each recipe is made from fresh, accessible, whole-food ingredients and is free of grains, gluten, and sugar. From breakfast to dessert and everything in between, these recipes will inspire readers to get into the kitchen and enjoy cooking, every day. With more and more people turning to the ketogenic diet to regain health, lose weight, or simply feel their best, low-carb, high-fat diets have established their place in the mainstream and have become an everyday way of life. With the diet's rising popularity comes a greater demand for recipes that entice the palate, excite the senses, and deliver satisfaction without starvation. *The Everyday Ketogenic Kitchen* answers that demand and shows people how to go beyond eggs, meat, and cheese and love the way they eat! *The Everyday Ketogenic Kitchen* will enable readers to break free from the constraints of modern dieting and put them on a path to lifelong health with a keto-adapted lifestyle. Ketchum teaches how to create keto-friendly recipes that taste just as good, if not better than, their unhealthy counterparts. Her recipes allow people to enjoy the taste, freedom, and sustainability of the keto way—without the restriction of typical fad diets. *The Everyday Ketogenic Kitchen* includes 150 step-by-step recipes with full-color photos, a simple guide to getting started, tips and tricks on mastering keto cooking and baking, shopping lists, and much more! Sample recipes include: • Cream Cheese Waffles • Red Wine Braised Short Ribs • Sautéed Green Beans with Crispy Prosciutto • Slow Cooker Broccoli Cheese Soup • Brown Butter Ice Cream • Easy Peanut Butter Cups For aspiring home cooks, kitchen warriors, and anyone else looking for new and delicious low-carb dishes, *The Everyday Ketogenic Kitchen* is a must-have!

The Ultimate Simple Keto Cookbook Emilie Bailey 2021-07-13 Truly easy keto recipes for your busy life Unlock the secrets of fast and healthy ketogenic meals. *The Ultimate Simple Keto Cookbook* shows how appetizing and effortless the keto diet can be. Discover simple keto recipes that cook up using just one pot or pan—or don't need to be cooked at all. Some of the recipes use only 5 ingredients or less, and many take 30 minutes or less. Each recipe includes macro percentages and nutritional info, making this cookbook the perfect keto companion on the journey to better health. Eat well every day with simple keto recipes like: Blue Cheese-Cucumber Bites—Buttery gorgonzola pairs perfectly with crunchy toasted walnuts for a sinful bite atop fresh cucumber slices. Garlic Cheddar Biscuits—No need to give up warm, buttery biscuits—this recipe satisfies cravings and avoids all the extra carbs by using almond flour. Creamy Zucchini-Poblano Soup—Zucchini and sweet, fruity poblano peppers pair beautifully with smoky cumin in this simple keto soup. Lemon-Basil Chicken—The aromatic combination of lemon and basil adds a gourmet touch to these easy marinated and grilled chicken thighs. Find accessible new ways to enjoy low-carb foods with this simple keto cookbook.

The 5-Ingredient Keto Cookbook Stephanie Pedersen 2021-11-30 Finally—keto made simple for beginners! With just five ingredients each, these recipes are easy to prepare . . . and delicious, too. Perfect for those new to keto. Keto eating is a great way to lose weight, lessen bloat, boost energy and mental acuity, and improve your sleep and mood. However, the diet can be complicated, with many details to keep track of and foods that must have just the right combinations of fat, protein, and carbs. But in *The 5-Ingredient Keto Cookbook*, author and nutrition consultant Stephanie Pedersen simplifies the process for newcomers to the diet with 100 high-fat, low-carb recipes anyone can make. These gourmet dishes—including breakfasts, lunches, dinners, snacks, fat bombs, and drinks, as well as plenty of big-batch and slow-cooker options—are designed with the macros you need to stay true to your plan. Plus, Pedersen gives you smart how-tos, sneaky keto tricks, and more! Nutritional counts are included with each recipe. A day's keto menu may include: Baked Avocado, Breakfast Tacos, Keto Hash, or Rich Coconut Porridge for breakfast Yummy snacks like Crispy Cheese Squares, Salami Chips, Sweet Snow Balls, and Nut Butter Fudge Keto Sliders, Creamy Keto Bisque, Deli Wrap, or a Burrito Bowl for lunch Dinner options such as Lamb Shanks with Green Mash, Eggplant Roll-Ups, Shrimp Scampi, Pasta Bolognese, and Salmon Steak Over Shredded Zucchini Sips and slurps, including a Coffee Smoothie, Keto Chai and a Citrus Cooler Also, soups, salads, and staples like Make-As-Much-As-You-Like Slow-Cooker Chicken, Make-Ahead Bacon, and Stay-Fresh Guacamole

Low Carb Yum 5-ingredient Keto Lisa MarcAurele 2020 Incredibly easy recipes from Low Carb Yum, one of the all-time most popular low-carb and keto blogs People across the country are discovering low-carb and keto diets and finally achieving weight-loss success, but one of the biggest challenges can be finding easy-to-prepare low-carb recipes that can fit a busy schedule. Everyone wants to get in and out of the kitchen fast, and this where Low-Carb Yum 5-Ingredient Keto comes to the rescue. The cookbook is filled with delicious recipes to make low-carb, high-fat meals with minimal ingredients and no-fuss preparation. Easy and great-tasting foods are the key to success with a keto diet, and it doesn't get much simpler than recipes with 5 ingredients or less. Low Carb Yum 5-Ingredient Keto features over 120 tasty recipes for breakfast, lunch, dinner, dessert, and beverages. Quick breakfast recipes to start the day off right Soups and salads that make perfect lunches Effortless appetizers, snacks, and beverages Hearty dinners that don't take all day to prepare Seafood specialties Decadent yet healthy desserts Recipes meeting dairy-free, nut-free, egg-free, paleo, and AIP dietary restrictions Low Carb Yum 5-Ingredient Keto is also the perfect guide for keto and low-carb beginners. Whether you've made the move to a keto diet to lose weight or improve health, there's helpful tips and advice including A rundown of keto basics, with explanations of ketosis, daily macros, and calorie counting Foods to eat and foods to avoid, making shopping and stocking one's pantry even faster and easier Common keto mistakes that can cause weight loss stalls Addressing inflammatory foods which may also be contributing to health issues Sample daily meal plans for those who need some help during their transition to keto Nutritional information for all recipes, including macros

Keto Cooking for Cool Dudes Brad Kearns 2019-11-08 A hilarious and irreverent cookbook written just for dudes (like Brad and Brian) who are interesting, successful, confident, and extremely good looking; dudes who like to eat healthy, colorful, creative keto-friendly creations, but are too busy and important to stress over time-consuming, complex recipes. Co-authors Brad Kearns and Brian McAndrew pose as experts to help you swagger into the low carb, moderate protein, high fat ketogenic diet the right way, without the stress and frustration of ordinary keto cookbooks. While naysayers may criticize keto as a "bacon and butter" fat-fest, and disparage Brad and Brian as a couple of posers trafficking on their sex appeal and athletic prowess instead of their cooking skills, this book emphasizes an incredible array of genius or near-genius level recipes

featuring nutritious natural animal foods, colorful vegetables, and other nutrient-dense ingredients that will help optimize gut health, boost immune function, and improve performance on the athletic field, in the bedroom, and at work by three to four levels. You will be amazed at the creativity these two dudes will inspire in you to become a freakin' kitchen legend in less time and less hassle than you ever dreamed possible before meeting these two dudes. While originally envisioned as a great gift idea for females to give to their favorite dudes, several female recipe testers, photographers, designers and key grips on the project have indicated that they want to keep the book for themselves. Brad and Brian are prepared for viral acceptance by females and agree to show up and rock the house at any ladies book club meeting they are invited to. Keto Gatherings Kristie Sullivan 2018-12-04 Where two or more are gathered, there will be food! Keto Gatherings celebrates food that is to be shared with others. Regardless of the occasion, there are always delicious low-carb options for everyone to enjoy, and Keto Gatherings brings them all together. Organized by month, each chapter features a birthday treat as well as menu ideas for any celebration, including cocktails. There is also an ice cream flavor of the month that will convince anyone who tries them that a ketogenic diet is sustainable. The recipes in this book are not only keto recipes, but simply recipes for fantastic foods that anyone will enjoy. These are the dishes that author Kristie Sullivan has shared with my family and friends for many years of gatherings.

Dinner in Five Rami Abramov 2019-12-22 Created by the duo behind the ultra-popular low carb website, Tasteaholics.com, Dinner in Five is a cookbook unlike any other, featuring 30 delicious dinner recipes each requiring only 5 common ingredients and containing up to 5 grams of net carbohydrates. Dinner in Five is the third of the Keto in Five series. What's in this Cookbook 30 low carb dinner recipes all using just 5 ingredients and 5 net carbs or fewer! Beautiful images for each dinner so you'll know exactly what you'll be enjoying. Caloric and macronutrient data - we calculated everything for you so you can track your meals easily. Low carb and keto diet basics for beginners and seasoned low carb-ers alike. Helpful recipe notes and lots of tips for progress and meal tracking. Reviews from Top Low Carb Leaders "I wish I had these easy low carb recipe collections back when I was just getting started on the keto diet. It was tough for me to find simple recipes to get through the day. TryLowCarb makes it easy. I highly recommend the Breakfast, Lunch and Dinner in Five eCookbooks." - Lisa MarcAurele, Founder of LowCarbYum.com "If you're into flavorful 5 ingredient recipes that are easy to prepare, this eCookbook series is for you. Vicky and Rami keep the focus on simple, standard ingredients and basic cooking techniques - ensuring that even those with crazy time constraints and rudimentary cooking skills can stay on track." - Kimberly Hardesty, Founder of LowCarbMaven.com "The Keto In Five cookbooks are all about minimalism. The concept is brilliant: every single recipe has five ingredients or less and five net carbs or less! If you are struggling to brainstorm low carb ideas and want something easy, this was tailor made for you. If you are on the keto diet or just trying to cut back on carbs, you will get a lot of value out of this cookbook." - Tasha Metcalf, Founder of Ketogasm.com With Dinner in Five, succeeding in your low carb diet has never been easier. Why 30 Dinners? Dinner is the hardest to prepare and the meal most commonly eaten at home. Most low carb dinner recipes will keep you in the kitchen not only preparing the meal but scrambling to find all the necessary ingredients too! Simple and Delicious Dinner in Five is a month's worth of simple, delicious, low carb and high fat (ketogenic) dinner recipes that are each made with just 5 common ingredients and are up to 5 grams of net carbs! There's simply nothing better than that. Low Carb Made Easy Enjoy unconventional burgers, heavenly steaks, gourmet-style seafood, mouthwatering sauces, sides and much more every day of the month. Living a low carb lifestyle has never been more enjoyable and sustainable! Being Low Carb is Easier Than Ever! Up to 5 Net Carbs per Serving You can count the carbs in each dinner on one hand! Go ahead, have seconds, you'll still be within your daily carb limit. 5 Ingredients per Recipe Cutting down the amount of ingredients reduces cost, time, complexity and even the willpower needed to cook. Less is more. Nutritional Information Calculating your daily calories and macros is crucial to hitting your goals sooner. We calculated each recipe so you don't have to. Personal Support Have a general question about the low carb diet or something specific about one of the keto dinners? Email Vicky and Rami directly any time!

Atkins for Life Low-Carb Cookbook Veronica Atkins 2004-10-26 "Controlling carbs works in virtually every situation, when you're having dinner with the family or hosting a dinner party, when you're in a hurry or spending the day creating delicacies in your kitchen. If you like to take shortcuts or you enjoy starting from scratch, if you mostly tinker in the kitchen on the weekends or cook every day, here are the recipes that suit your lifestyle." - Veronica Atkins Atkins for Life took the nation by storm, proving that doing Atkins is not a "fad" - it's a healthy and satisfying way of eating that you can follow for a lifetime. With multiple weeks at the top of the New York Times bestseller list, Atkins for Life whet the appetites of millions of new and established Atkins followers, and had them clamoring for even more great-tasting recipes that complement the low-carb lifestyle. Enter Atkins for Life Low-Carb Cookbook. Whether you're an Atkins devotee or you're just beginning to explore the benefits of controlling carbs, this all-purpose cookbook has the solutions you need to cook and eat appropriately - and enjoyably every day, at every meal, whether you're feeding your family, throwing a sit-down dinner party, or just looking for a healthy between-meal snack! This invaluable book makes low-carb cooking easier than ever before. Illustrated with more than 80 full-color photographs, it includes 250 recipes for sumptuous dishes such as Pan-Seared Steak with Mustard Sauce, Clementine-Glazed Duck Breast, Ginger Ice Cream with Caramelized Pears, and more! There are also a slew of home-style favorites you may not have thought you could enjoy on Atkins, including Pork Stew with Hominy and Collards, Mini Meatballs and Spaghetti, Mexican Chicken Wrap, and Creamy Lemon Bars. Although many of these recipes are tailored to fit the Pre-Maintenance and Lifetime Maintenance phases of Atkins, more than half of them are also appropriate for the Induction and Ongoing Weight Loss plan. Inside you'll find: * More than 100 tips and sidebars including: Nuts About Nuts, Smart Snacks and Sides, and Spotlight on Ginger * Complete nutritional information for every recipe, including Net Carbs and suitable Atkins phases * Helpful ideas for choosing the highest-quality foods and avoiding those full of hidden sugars or dangerous added trans fats * Countless bits of wisdom to simplify cooking and preparation, plus important low-carb cooking techniques The wide range of recipes fills the bill for: * Speedy weeknight suppers in under 30 minutes * Budget and vegetarian options * Family-friendly fare for healthy eating at any age * Outdoor grilling and barbecuing * Snacks and bag lunches * Luscious desserts to satisfy a sweet tooth - all without sugar * Special-occasion and party menus, including: Thanksgiving, New Year's, Super Bowl Sunday, Valentine's Day, Easter, Halloween, and more! Now you don't have to give up your favorite dishes to control your carbs - you can simply make them the Atkins way.

Keto Chaffle Recipes - 2021 Chef Antonio 2021-05-04 ☐☐☐ 55% Discount for Bookstores! Now at 13.00\$ instead of 28.90\$! ☐☐☐ Are You Looking For Waffle Gourmet keto Recipes ? If You Are, Then You Are Definitely In The Right Place... The ketogenic diet has been proven to help people lose weight, minimize inflammation, and improve their overall health. Many cookbooks that claim to include recipes for this diet, however, fall short. So, don't be misled! Keto is a well-known weight-loss diet, but it also has several other advantages. It comprises complex carbohydrates, healthy fats, and protein, all of which provide energy to the body. It is beneficial to the digestive, cardiovascular, and blood systems. As low-carb diets such as the ketogenic diet become more common, it's more important than ever to have a recipe library full of delicious choices. There are vegetarian, paleo, and vegan options available. Since this is a cookbook on the ketogenic diet, all of the low-carb recipes are keto-friendly. A Chaffle has almost no carbohydrates and can be the perfect substitute for bread. The chaffle tastes fantastic and is made very quickly with just two main ingredients and a waffle machine. They can be prepared easily within 3 to 4 minutes; therefore, they are also great if you are always on the run. You can again refrigerate your Chaffles. Chaffles are made with eggs and cheese. These are healthy fats that are keto-friendly. You won't be using the normal carbohydrate-laden ingredients that are usually used for making waffles. This will allow you to enjoy waffles without worrying about gaining weight. It's incredible how you can enjoy so many of your favorite foods when you go keto, but you still get the benefits of eating healthy. When you try out the keto chaffle recipes in this book, you'll probably tempt a lot of people around you to go keto as well. Chaffles are not just for breakfast; you can enjoy them for other meals as well. So now you can enjoy some toasty chaffles whenever you want and not worry about missing out on your favorite food. Keto alternatives for any recipe can be really great for your health. Here Is A Preview Of What You Will Learn: - Simple and easy to make recipes - Sweet and delicious chocolate chaffles - Cream cheese stuffed chaffles - Sweet and fruity chaffles - Cheese and veggies chaffles - Cheesy garlic chaffles - And so much more Keto Chaffle Recipes will help you stay on track with a few essential recipes that will make your transition to using fats as fuel simpler and more enjoyable, regardless of your dietary needs and food preferences! So, buy

it NOW and let your Customers become Addicted to this incredible Gourmet Recipes Book!!!

Rocco's Keto Comfort Food Diet Rocco DiSpirito 2020-03-03 The #1 New York Times bestselling author and celebrity chef shows you how to lose weight by eating gourmet, keto versions of the comfort foods you love. Rocco DiSpirito has made a career out of transforming people's lives without sacrificing taste. Now, Rocco tackles the ketogenic diet with the most effective and delicious version of the diet to date. Using a four-tier program that can deliver up to a pound a day of weight loss, the diet incorporates meal plans and more than eighty of America's favorite comfort food recipes made over to adhere to keto diet guidelines. You can lose the weight eating the foods you love. After a 3-day keto cleanse, you'll dive in to a 21-day diet plan, where you'll burn fat rapidly, control your appetite, achieve optimal health, and enjoy satisfying meals in the process. Recipes like Chocolate Glazed Donuts, Cinnamon Roll Bites, "Mac" and Cheese, Hot Crispy Keto Fried Chicken, Spaghetti Squash Carbonara, and Meat Lovers' Cauliflower Pizza deliver the same flavor with a fraction of the carbs. Rocco also includes a maintenance plan that allows you to eat a wider range of food while still keeping the weight off for long-term success. Loaded with Rocco's signature combination of culinary and nutritional expertise, Rocco's Keto Comfort Food Diet makes a low-carb, high-fat keto lifestyle possible for everyone.

Low-Carb Italian Cooking with the Love Chef Francis Anthony 2004 The time has come for a gourmet complement to the extraordinarily popular low carb, high protein diet popularized by Dr. Atkins. This book includes delicious recipes for such traditional dishes such as Chicken Marsala, Veal Parmesan, and Beef Bracciale, as well as some of the Love Chef's more original recipes, all guaranteed to be delicious!

Keto Diet Cookbook for Women Over 50 [4 Books in 1] Keto Flex Academy 2021-03-27 "55% OFF for Bookstores! Discounted Retail Price NOW!!" Are your customers looking for burning fat without feeling on a diet? Do you want to make sure that by buying just one book they will come back to buy again and again? Then, You Need This Bundle in Your Library and... Your Customers Will Never Stop to Use and Gift It! ? - WHY THIS BOOK CAN HELP YOUR CUSTOMERS Losing weight is always a struggle.... With an estimated 3 out of 4 citizens (75%) in the United States expected to be obese, we're sitting on a ticking time bomb because with obesity comes all sorts of associated health problems like heart disease, high blood pressure, aging skin, diabetes, arthritis and more. Why does this happen all the time? Because the metabolism has been substantially slowed down, but there is another problem.... Standard diets are not suitable for all people, especially those with a few extra pounds. This makes it very difficult for people of average cut or above to lose weight sustainably on a diet. Your customers will find: What is the ketogenic diet and its importance for overweight people How exactly the ketogenic diet solves obesity in a way that is unlike any other Dozens of tasty low-carb recipes to boost metabolism, reverse aging, forget about digestive issues and more Self-induced ketosis activation that counts more than 4,319 case studies in one year High-quality images and foolproof instructions If your customers are tired of following diets that end up causing unintended problems that they can't deal with, this smart cookbook will show them a new approach to dieting based both on fat burning and achieve lots of health benefits like fighting diabetes, heart disease, cancer, diabetes, aging and more! Are you ready to leave a permanent imprint on the lives of your clients and their families? Click the "BUY NOW" Button, Buy THOUSANDS of Copies, and Let Your Customers Rob Your Library!!

The Keto Paleo Kitchen Vivica Menegaz 2017-12-26 The Keto Paleo Kitchen amps up your metabolism to maximize fat burn by combining the Ketogenic and Paleolithic diets. By eating low carb, high fat and grain- and dairy-free, your body will more easily burn stored fat for energy, resulting in sustainable weight loss, a clearer mind and better overall health. Easy and made with whole foods, Vivica's 80 mouthwatering recipes teach readers how to adjust their nutritional ratios to keep carbs, fat and protein within certain limits, all while avoiding allergens and processed ingredients. You'll enjoy delicious, restaurant-worthy meals like Prosciutto-Wrapped Rockfish, Seared Skirt Steak with Brazilian "Vinagrete," Butter Poached Scallops with Meyer Lemon Gremolata and Slow Cooker Korean Short Ribs. Vivica also includes "Keto-fied" versions of side dishes and soups, savory snacks and appetizers, breads and noodles, dressings and sauces, and even a few sweets, to satisfy all of your cravings. Make a few small adjustments to your diet and reap the life-long benefits of a healthier you.

Gourmet Keto Diet Cookbook for Women After 50 Serena Green 2020-11-05 Do you want to burn fat without diet headaches after the age of 50? Do you want to reverse aging, boost your metabolism and forget digestive problems while tasting a lot of mouth-watering ketogenic recipes? Or are you simply looking for 150+ low-carb gourmet recipes? Losing weight after 50 is always a struggle... With an estimated 3 in every 4 (75%) senior citizens in the United States expected to be obese by 2025, we are sitting on a time bomb because with obesity comes all manner of associated health problems like heart disease, high blood pressure, skin aging, diabetes, arthritis and much more. Why do this always happen? Because the metabolism has been substantially slowed down, but there is another problem... The standard diets are not suited for women, especially those in their menopausal years (50 years and above). This makes it very hard for women over 50 to sustainably lose weight on a diet. This Gourmet Cookbook(TM) offers you a lot of ketogenic recipes 100% adjusted for women above 50 with the aim of help you reverse aging, boost the metabolism, balance hormones.... In this book you will find: What is keto diet and its importance for women above 50 How exactly does the Ketogenic diet affect women over 50 years in a manner that is different from everyone else? What foods should you eat and which ones should you avoid as you follow the keto diet as a woman over 50? The 9 Key takeaways for women above 50 on keto diet The 3 Problems to be aware of for women above 50 on keto diet The 150+ Gourmet Recipes for women after 50 - 34 keto breakfast recipes - 33 keto lunch recipes - 36 keto dinner recipes - 20 keto snacks recipes - 20 keto smoothie recipes Bonus 9 exercise friendly keto recipes The Gourmet Keto Cookbook for Women After 50(TM) offers a comprehensive guide to cooking some of the most mouth-watering ketogenic recipes in the easiest ways. With detailed step-by-step instructions, you are sure to find value and taste in every recipe. If you are tired of following diets that end up causing unintended problems that you can't deal with, this smart cookbook will show you a new approach to dieting that will not only see you fat burning but keep it off and achieve lots of health benefits like fighting diabetes, heart disease, cancer, arthritis, diabetes, aging and much more! What are you waiting for? Are you ready for the keto transformation? Scroll up and click the "BUY NOW" button to grab this copy of this healthy masterpiece!

Low Carb 1-2-3 Rozanne Gold 2005-01-15 Offers a guidebook to low-carb eating through dishes such as baked eggs splendido and wasabi-stuffed shrimp, each of them using only three ingredients, making preparation easy for even the busiest gourmets.

Saving Dinner the Low-Carb Way Leanne Ely 2009-06-03 Leanne Ely doesn't actually cook dinner for your family. It just feels that way. Certified nutritionist Leanne Ely loves delicious food and is dedicated to enticing today's busy families back to the dinner table with home cooking that cannot be beat. In Saving Dinner the Low-Carb Way, she integrates low-carb requirements into her mélange of dining pleasures for every season-providing easy-to-follow menus and highlighting per-serving measurements of calories, fat, protein, carbohydrates, cholesterol, and sodium for each dish. Itemizing ingredients by product in convenient lists, Ely makes your grocery shopping quick and effortless. She also gives you a helping hand in the kitchen with shortcuts that take the stress out of cooking, and suggests menu variations for children and family members who choose not to go the low-carb route. The result? These dinners are not only balanced and healthy but truly varied and delectably good to eat. Main dishes like Low-Carb Beef Stroganoff, Crustless Quiche Lorraine, Crock-Pot Pork Jambalaya, Skillet Salmon with Horseradish Cream, and nearly 150 other entrees (plus recommendations for great side dishes) make dinnertime special in more ways than one.

The Lazy Keto Gourmet Nissa Graun 2018-08-04 With many experts attributing 80-90 percent of your weight loss efforts to what you eat, finding delicious recipes is important. I lost more than 100 pounds with the low-carb, high-fat recipes found in this book. Not only are the recipes easy for the novice, but they are on par with many five star restaurant meals. Most of the recipes found in this book can be prepped and cooked in less than 30 minutes. There are no exotic or hard to find ingredients used and I steer clear of adding artificial sweeteners. This makes The Lazy Keto Gourmet meals easy, go-to meals for a sustainable low-carb, high-fat lifestyle! If I just gave you recipes and let you out into a high-fat world all on your own, you might drown in the excess coconut oil and butter, so I take time to teach you how I use these recipes for optimal health and

exceptional weight loss. I also include a full seven days of my daily menus to show you how I put all of these delicious recipes together for a ketogenic diet that achieves maximum fat burning and excellent health.

It Only Tastes Like Cheating Em Elless 2015-01-22 Lasagna, fettuccine and macaroni are back on the table for dieters watching their carbs. Introducing 2 net-carb pasta, 95% lower than the same portion of enriched commercial products. Roll out your favorites: farfalle, ravioli, linguine-you can have them all; no guilt, just high-nutrition goodness. Recipes include Macaroni & Cheese, Lasagna and Chicken Noodle Soup. Far more than pasta is offered in this innovative cookbook. Em Elless has developed a dynamic variety of recipes including roll-out pastry for Lemon Meringue or Peanut Butter Chocolate Pie and impressive Bread Bowls for serving Chili or Cioppino (made with Reduced Carb Tomato Sauce). Home-style comfort foods range from Fluffy Biscuits and White Sausage Gravy and Chicken Pot Pies to Spaghetti & Meatballs. Entrees for special meals include Seafood Thermidor and Boeuf Bourguignon-with Cannoli or Tiramisu for dessert. Discover culinary treasures that have become a lost art. It only tastes like cheating!

Fat Fast Cookbook Dana Carpender 2013-12-21 ON SALE NOW FOR A LIMITED TIME THROUGH December 31, 2020! Jump-Start Your Low Carb Weight Loss with Fat Fast Cookbook! Are you having trouble losing weight, even on the Atkins Induction phase? Have you lost weight successfully on low carb, but hit a plateau or started to regain weight even though you're still following your low carb diet? Are you looking for a way to add more healthy fat to your low carb diet? If you suspect you've been doing something wrong, we've got your solution. Introducing your new low carb weight loss tools: The Fat Fast and Nutritional Ketosis. Your Weight Loss Stall Is Not Your Fault For years you've been told that eating fat makes you fat and that a calorie is a calorie is a calorie. Anyone who understands the science of Low Carb dieting knows this is just not true. Prepare to have your mind blown! Who would have thought that the fastest way to lose fat - while maintaining muscle mass - was to eat mostly fat?! In testing, the Fat Fast (also called the Atkins Fat Fast) - 1,000 calories per day, 90% from pure fat - resulted in average fat loss - not just weight loss, but fat loss - of over a pound per day! It's a radical, short-term strategy, but boy, does it work. The Fat Fast Cookbook includes 50 fabulous low carb, high fat recipes that can help you break your weight loss stall or help your body become keto-adapted, catapulting you into Nutritional Ketosis. It does this with 50 great recipes to help you implement the Fat Fast. Break Your Weight Loss Stall with the Atkins Fat Fast Popularized by Dr. Robert Atkins in his book Dr. Atkins New Diet Revolution, the Fat Fast is the most powerful tool for getting metabolically resistant low carb dieters back into Nutritional Ketosis and restarting their low carb weight loss. Restart Your Low Carb Weight Loss With Nutritional Ketosis Nutritional Ketosis is a metabolic state in which we use stored body fat for energy. The Fat Fast helps low carbers break weight loss plateaus and rapidly get back to burning fat for fuel when they have gone off plan. Fat Fast Cookbook is a collection of healthy Low Carb / High Fat recipes created by best-selling author Dana Carpender with contributions by Amy Dungan of Healthy Low Carb Living (HealthyLowCarbLiving.com), and Rebecca Latham of My Low Carb Road to Better Health (lowcarbbetterhealth.blogspot.com), with photography by Amy Dungan and Jeff Guyer. Here's What You'll Get In The Fat Fast Cookbook 50 Delicious Low Carb / High Fat Recipes: These quick and easy-to-prepare recipes are written by Dana Carpender, Managing Editor of CarbSmart and author of 500 Paleo Recipes with contributions by low carb bloggers Amy Dungan and Rebecca Latham. The Science Behind the Fat Fast: Dana Carpender explains the science of the Fat Fast, it's history and why and how it works. Using the Fat Fast in Your Low Carb Lifestyle: The Fat Fast is a short-term tool for jump-starting your low carb weight loss. Dana details strategies for incorporating the Fat Fast into your long-term Low Carb diet plans. Easy to Find Ingredients For Your Fat Fast Recipes: We include a list of easy-to-find foods and ingredients you'll need for your Fat Fast recipes whether you purchase them in your local supermarket or online. What Is Nutritional Ketosis and Why is It Important written by Jimmy Moore: Jimmy Moore, the Low Carb Community's #1 Blogger, Podcaster and Low Carb Diet expert describes Nutritional Ketosis, how it works and how it helped him jump-start his low carb weight loss and help him lose over 60 pounds! A sample of the quick and easy-to-prepare Low Carb / High Fat recipes Yogurt Parfait Fat Fast Recipe Boursin Stuffed Mushrooms Yogurt Parfait Jalapeno Poppers Fettuccine with Pancetta Cream Chocolate Peanut Butter Bombs Fat Fast Mac-and-Cheese Mocha Mascarpone Mousse Coconut Flax Bread Sweet-and-Tangy Macaroni Salad Coco Cocoa Fat Bombs Butter-Roasted Pecans Asparagus with Wasabi Mayonnaise Salmon Bisque

The Low-Carb Cook Karen Barnaby 2003-10-01 Chef Karen Barnaby is proof that low-carb cooking works: she's lost over seventy pounds and feels much happier. Motivated by mood swings and aching joints, Karen cut refined carbohydrates and sugar, and transformed her life and her meals. The recipes she developed are collected in this book including Spinach and Zucchini Soup with Lemon and Mint, Halibut with Warm Bean and Tomato Salad, and even Tiramisu. And best of all, the ingredients are easy to find, the recipes are delicious, and they are easy to make.

Low-carb for Life Richard Frankville 2004 Combines an effective low carbohydrate diet program with five-star gourmet recipes, which any average cook can prepare easily. Richard Frankville, D.C., wrote the book after losing 52 pounds in 10 months. Helps you "cook yourself skinny."

1,001 Low-carb Recipes for Life Sue Spitler 2004 Food pro Spitler and dietitian Yoakam unravel the mysteries of the low-carb approach and show readers how to maximize its benefits by eating for good health--without sacrificing good taste.

The Low-Carb Gourmet Brigit Legere Binns 2004 A flavorful assortment of seventy low-carbohydrate recipes for the sophisticated palate presents a variety of tasty but healthful dishes including Gratin-Style Spinach and Aged-White Cheddar Soufflé, Hazelnut-Crusted Freshwater Trout with Preserved Lemon Relish, and Star Anise Flan with Blackberries. Original.

Keto in Five - The Complete Collection Rami Abramov 2019-12-22 Created by the duo behind the ultra-popular low-carb website, Tasteaholics.com, Keto in Five is a keto diet cookbook unlike any other, featuring 120 delicious low-carb recipes each requiring only 5 common ingredients and containing up to 5 grams of net carbohydrates. Keto in Five is the complete collection of the Keto in Five 4-book series and contains all 120 keto recipes. It truly makes following the keto diet easier than ever before. What's in this Low Carb Cookbook 120 low-carb recipes all using just 5 ingredients and 5 net carbs or fewer! Beautiful images for each recipe so you'll know exactly what you'll be enjoying. Caloric and macronutrient data - we calculated everything for you so you can track your meals easily. Low-carb and keto diet basics for beginners and seasoned low-carb-ers alike. Helpful recipe notes and lots of tips for progress and meal tracking. Reviews from Top Low-carb Leaders "I wish I had these easy low-carb recipe collections back when I was just getting started on the keto diet. It was tough for me to find simple recipes to get through the day. Try low-carb makes it easy. I highly recommend the Breakfast, Lunch, Dinner & Dessert in Five eCookbooks." - Lisa MarcAurele, Founder of LowCarbYum.com "If you're into flavorful 5 ingredient recipes that are easy to prepare, this eCookbook series is for you. Vicky and Rami keep the focus on simple, standard ingredients and basic cooking techniques - ensuring that even those with crazy time constraints and rudimentary cooking skills can stay on track." - Kimberly Hardesty, Founder of LowCarbMaven.com With Keto in Five, succeeding in your low-carb diet has never been easier. 30 Breakfasts Recipes Eggs and bacon is great but how many times can you really eat that? With Keto in Five, you get a month's worth of delicious, low carb breakfast recipes. Enjoy fluffy waffles and pancakes, sweet and savory muffins, porridge, omelettes and more every day of the month. 30 Lunch Recipes Lunch is often difficult to make interesting and delicious due to work and time constraints. With Lunch in Five you get 30 delicious recipes perfect for on-the-go or to make at home that will blow you away! Enjoy savory french crepes, creamy chowder, mouthwatering casseroles and much more. 30 Dinner Recipes Dinner is the hardest to prepare and the meal most commonly eaten at home. That's why it's critical to have plenty of delicious, staple recipes you can always rely on. With Dinner in Five, you'll feast on heavenly steaks, gourmet-style seafood, unconventional burgers, mouthwatering sauces, sides and more. 30 Dessert Recipes When you started the keto diet, you probably thought that was the end of dessert. We're here to show you how silly that is! Enjoy chocolate soufflés, strawberry cheesecakes, brownies, coconut cream pies, raspberry Danish cookies and much more every day of the month. Being Low-carb is Easier Than Ever! Up to 5 Net Carbs per Serving You can count the carbs in each recipe on one hand! Go ahead, have seconds, you'll still be within your daily carb limit. 5 Ingredients per Recipe Cutting down the amount of ingredients reduces cost, time, complexity and even the willpower needed to cook. Less is more. Nutritional Information Calculating your daily calories and macros is crucial to hitting your goals sooner. We calculated each recipe so you don't have to. Personal Support Have a general question about the low-carb diet or something specific about one of the keto recipes? Email Vicky and Rami directly any time!

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