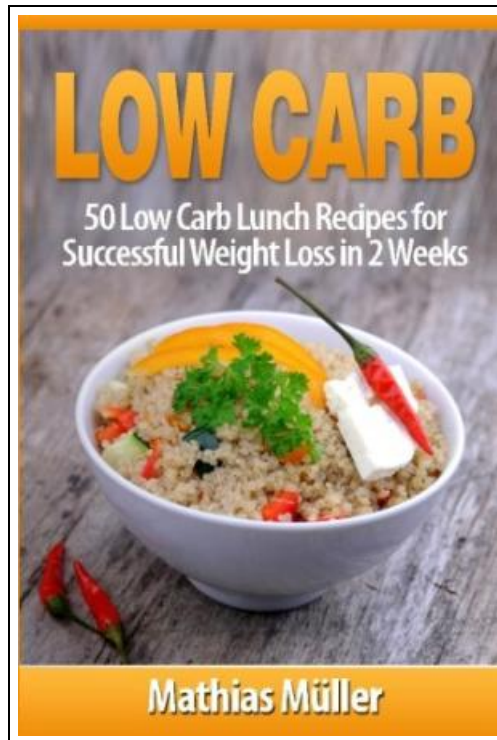


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Reviews

This book is fantastic. This is certainly for all those who statte there had not been a really worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Prof. Dale Fahey MD)

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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Lunch first and foremost needs to taste good to provide the necessary energy for the rest of the day. Low carb cuisine is evidence that a small amount of carbs can still easily cover this need for physically strenuous jobs. With this diet concept, eating a delicious, balanced meal without feeling hungry and finally reaching your weight goals is no longer an old dream. This cookbook is a practical introduction to Low Carb for those who are interested without having to research the theory of a low carb cuisine. It clearly focuses on trying and experimenting. The cookbook is divided into a total of 5 categories with 10 recipes each. All recipes clearly show the preparation time along with the difficulty and the nutrients. Most recipes were chosen so they can easily be prepared by novice cooks yet still offer clever highlights to ambitious amateur chefs. The ingredients are available at any supermarket so that you don t need to run from store to store looking for special foods. The five categories are Vegetarian Recipes Meatless recipes have long unjustly been a sub-category in many cookbooks. This cookbook right away starts with a vegetarian highlight which will leave you wanting to try all of the recipes. Soups and Salads Lunch is perfect to recharge with just a small meal. What s more, the colorful low carb salads and soups are also a feast for the senses. Meat and Poultry The 10 recipes in this category prove that cooking meat doesn t need to be complex. With lots of variety yet simple to make, the focus is clearly on savoring. Fish Entrees The variety of fish from all the oceans...



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