

Download Free Low Carb Express Cut The Carbs  
With 130 Deliciously Healthy Recipes

# **Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes**

Now lovers of low-carb cooking can have their gumbo and eat it too, thanks to the chef who “was Cajun before Cajun was hot” (Anne Byrn, bestselling author of the Cake Mix Doctor series).

Millions of Americans have discovered exactly what Chef Jude W. Theriot found

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

when he tried a diet low in net carbohydrates: that cutting carbs is an effective way to maintain long-term weight loss because the food available on this regimen can be deeply satisfying. Chef Theriot lost more than one hundred pounds eating the recipes he developed for this cookbook. The recipes in this cookbook cover a tremendous range from standard American favorites like pizza, (mock) mashed potatoes, and meatloaf, to classic

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

Cajun dishes including étouffée, shrimp au gratin, and even jambalaya. The seafood recipes cover just about everything that swims, and the sauces and seasoning mixes can elevate just about any dish into a special treat. There are even dessert recipes sure to satisfy the sweet tooth without the sugar. One unique feature of each of Chef Theriot's cookbooks is the lagniappe, or "a little something extra." This book includes suggestions

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

for parties, additional uses for recipes, serving suggestions, and more. This book proves that Cajun cooking can be low-carb cooking. Each recipe lists serving size, total carbohydrates per serving (which includes sugar alcohols), net carbohydrates per serving, and calorie count. “Jude Theriot . . . believes it’s possible to enjoy Cajun food without the carbs.” –The Daily Adviser “So delicious are these dishes, you could easily serve

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

them to non-low carbers.”

–fabulousfoods.com “Cajun is one of my weaknesses. How nice it is to have a cookbook that embraces my new eating habits.” –RoundTableReviews.com

I'm sure you already know that baking bread at home can have a lot of advantages, in fact, by making your bread you can cut the cost of your grocery bill, you can enjoy better tasting loaves, and you can have fun customizing the taste of it by adding

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

different ingredients each time to change its flavor, but actually preparing it can be frustrating and not clear. Would you like to know a way to be able to prepare delicious, fresh loaves of bread by following simple step-by-step instructions that will make the process quick and stress-free? If the answer is "YES", then keep reading because this book will teach you: - All the information you need, to know everything about baking bread,

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

like the explanation of the terminology, what equipment you will need, what are the starting skills that will make you kickstart your bread-making activity, and many more useful pieces of information to become a master in no time - How to quickly bake delicious classic bread, so you can be sure to always have your freshly baked loaf to eat with your favorite meal and never run out of bread again - Yeast and Yeast-Free tasteful, and easy-to-

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

make bread recipes, to be able to delight your tastebuds even if you have a yeast intolerance - How to easily prepare bread from all over the world, like the famous Italian bread, or maybe the mouthwatering French bread or even the Greek one, to impress your friends and family with awesome loaves that taste exactly as it came from its original country - The best way to bake special bread, like multigrain bread, wholegrain, and many more different



## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

recipes, that will allow you to have a different kind of bread every day without spending hours in the kitchen - ...& Much More! By following this cookbook you will be able to express your inner creativity by creating something with your bare hands that everyone can enjoy and love, and you will be able to do all of this without any complication or issue, so...  
...What are you waiting for? Click on the "BUY NOW" button to start creating

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

**bread by your rules!**

**There are plenty of camping guides available but none of them tackle the desire to create flavoursome food while enjoying your trip. Annie Bell, a keen family camper herself, has solved this problem by creating easy, delicious and interesting meals with no electricity and limited ingredients. She creates portable feasts such as Baba Ghanoush, Chicken Tagine with Pine Nuts and Raisins, and Apricots with Goopy Nougat**

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

using just a barbecue or one-ring burner, demonstrating the best equipment to use for minimum mess and clearing up. From picnic lunches to cake for tea, one-pot cooking to sensational grills and sweet treats, this inspirational guide has over 60 recipes for every occasion, so you can eat in style wherever you are. Following a ketogenic diet can often be very restrictive, with firm guidelines and banned food being the norm. But

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

what if you want to enjoy all the weight-loss, energy-boosting benefits of a keto lifestyle without being so strict on yourself? In *Lazy Keto Kitchen*, keto devotee Monya Kilian Palmer shows you how you can feel the rewards of a low-carb, high-fat diet while eating a broader range of food than that allowed by the 'Keto Police'. Packed with indulgent recipes including Fried Mozzarella Balls, Sausage and Cauliflower Bake and Salted Caramel

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

Lollies, Lazy Keto Kitchen proves that diet food does not need to be dull food. Still full of essential nutrients and low on carbs, these recipes from the bestselling author of Keto Kitchen will help you to feel great while cutting fewer foods you love out of your life. Monya Kilian Palmer is a chef and culinary consultant originally from Cape Town, South Africa. Since moving to the UK in 2012, she has worked for both Heston Blumenthal's Fat

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

Duck Group and Le Cordon Bleu. She has been following the ketogenic lifestyle since mid-2018 and her blog, Fats of Life, is dedicated to keto recipes. Her first book, Keto Kitchen, was published in June 2020.

**Betty Crocker Low-Carb Lifestyle Cookbook**

**Easy and Delicious Recipes to Trim Carbs and Fat**

**Low-Carb Express**

**Master All the Best Tricks for Low-Carb**

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

**Baking Success**

**The "I Love My Air Fryer" Keto Diet  
Recipe Book**

**Traffic World**

**The Optimal Keto-Friendly Diet that  
Burns Fat, Promotes Longevity, and  
Prevents Chronic Disease**

**History of Belmont and Jefferson  
Counties, Ohio**

***Enjoy the benefits of a lower-carb lifestyle on your  
own terms—including a better keto diet: This is  
Atkins® your way. For more than forty years, Atkins***

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

***has used proven scientific research to help millions achieve weight-loss goals and improve their health by controlling carbohydrate consumption. Dr. Atkins actually introduced the concept of “ketosis” to the general public in 1972 in his first book, Dr. Atkins’ Diet Revolution. With this book, you too can live a low-carb and low-sugar lifestyle that’s as flexible as it is inspiring. A BETTER KETO DIET AND SO MUCH MORE: This all-new Atkins guidebook focuses on eating right—not less—for painless weight management and better overall health. Choose the program that works for you: Atkins’ classic approach (Atkins 20®), a better keto diet (Atkins***



## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

**40®), or small changes that lead to big results (Atkins 100™). 100 DELICIOUS WHOLE-FOOD RECIPES: Not only are the recipes in this book low in carbs and sugar, they contain a healthy balance of proteins and healthy fats, and they are nutrient-dense. MEAL PLANS TO HELP YOU ACHIEVE YOUR GOALS: Six full weeks of meal plans packed with variety, these healthy takes on classic comfort foods offer simple solutions for eating the foods we love in a healthier way. Plus, learn about the Hidden Sugar Effect and how to avoid it, and read real-life tips for creating a low-carb kitchen and for setting achievable goals. You'll see how easy it is to eat**

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

***right—not less—to reach your weight-management goals and achieve optimal health.***

***This work is an examination of what makes us fat. In his book *Good Calories, Bad Calories*, the author, an acclaimed science writer argues that certain kinds of carbohydrates, not fats and not simply excess calories, have led to our current obesity epidemic. Now he brings that message to a wider, nonscientific audience. With fresh evidence for his claim, this book makes his critical argument newly accessible. He reveals the bad nutritional science of the last century, none more damaging than the "calories-in, calories-out" model of why we get fat, the good***

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

***science that has been ignored, especially regarding insulin's regulation of our fat tissue. He also answers key questions: Why are some people thin and others fat? What roles do exercise and genetics play in our weight? What foods should we eat or avoid? Concluding with an easy-to-follow diet, this book is one key to understanding an international epidemic and a guide to improving our own health. It's projected that in 50 years, one American in three will be diabetic. Many today are well on their way to becoming a sad statistic in the war on obesity, high blood sugar, and the related diseases—including diabetes—that can result from a diet that's seriously***

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

***out of whack. In his previous bestselling book, Overcoming Runaway Blood Sugar, Dennis Pollock shared his personal experience with this deadly epidemic—including his success at lowering his runaway blood sugar to acceptable levels. Now Dennis offers readers the next step in the battle: 60 practical ways to manage their blood sugar without resorting to a bland unsatisfying diet of turnips and tuna fish. In this step by step, change by change plan, readers will learn how to: reduce their intake of carbs exercise more effectively shed excess weight A must-have book for readers serious about regaining their health while also lowering their***

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*weight and increasing their energy.*

*125 easy and delicious recipes for low-carb blended drinks—including coffee, juices, milkshakes, smoothies, and more— perfect for any keto craving! The search for the perfect keto drink has ended with these 125 recipes for drinks you can enjoy while staying in ketosis! While typical smoothies, milkshakes, and other blended beverages include sugars and fruits that might prevent you from entering ketosis, that doesn't mean you can't still have your favorite drinks. These keto-friendly recipes focus on low-carb fruits, healthy fats, and a variety of vegetables so you can feel refreshed and*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

***satisfied! In Keto Drinks you'll learn to make:***

***-Blended Toasted Almond Coffee that will give you an early morning boost (and includes homemade toasted almonds) -Minty Smoothies that are actually filled with veggies and other healthy ingredients -Blended Beef Bone Broth that's great for gut health and a great source of calcium, protein, and many other nutrients -And a Cinnamon Dolce Frappuccino that will rival even your favorite coffee shop drinks! Stay satisfied (and in ketosis) all day long with these with these flavorful, keto-friendly drinks that will curb any craving!***

***The New Mediterranean Diet Cookbook***

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

***The Complete Controlled Carb Program for Permanent Weight Loss and Good Health  
Lose Weight the Smart Low-Carb Way  
200 High-Flavor Recipes and a 7-Step Plan to Stay Slim Forever  
Trim Healthy Mama Plan  
Beyond Keto  
Keto Air Fryer  
Eat Healthy Without Going to Extremes: A Cookbook***

Share diabetes-friendly recipes for ninety nutritionally balanced meals that follow a simple formula to offer portioned servings of nonstarchy

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

vegetables, proteins, and grains.

The cauliflower. An answer to the prayers of every person on the planet who wants to lose weight, cut down on sugar and stay healthy, while not being hungry all the time. Sounds like a pipe dream? It's not. The cauliflower is one of the best-kept secrets in the dieting community. It is among the most adaptable and versatile veggies that can blend into any kind of cuisine in the world and is an almost-perfect substitute for several types of starch—flour, cereal, pasta, rice and even the potato—for a fraction of the carb count. Besides being low in carbs, the



## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

cauliflower is gluten-free and high in nutrients. In The Cauliflower Diet, learn how the amazingly adaptable cauliflower can be used in the preparation of all the things you love: rice, upma, cookies and even pizza! Perfect for all types of weight loss, this humble vegetable will help you shed the kilos in no time. Created by the duo behind the ultra-popular low-carb website, [Tasteaholics.com](http://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

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

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

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

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

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

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

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

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

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

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

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

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!

Bring out the air fryer and stick to your keto diet. Discover tasty foods you love that leave you feeling satisfied. More than 100 air-fried recipes for meals and snacks Each recipe includes nutritional information Cookbook chapters include Appetizers & Snacks; Chicken, Turkey & Duck; Beef, Pork & Lamb; Fish & Seafood; Side Dishes An educational

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

24-page introduction on the Ketogenic Diet that includes informative tables, charts and air-frying tips

More than 100 full-page color photos

Simply Keto

500 Recipes, from Snacks to Dessert, That the Whole Family Will Love

The Ultimate Bread Making Cookbook. Bake Instant, Delicious Loafs Easily Every Day. Including Low-Carb, Sourdough, Keto, And Many More Different Recipes (2021 Edition)

The New Keto-Friendly South Beach Diet

Learn How to Order Low Carb at the 25 Most



## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

Popular Fast Food Chains in the United States.

Getting Started: How I Lost 140 Pounds

From Bagels and Buns to Crusts and Muffins, 100

Low-Carb, Keto-Friendly Breads for Every Meal

From Veggie Frittata to Classic Mini Meatloaf, 175

Fat-Burning Keto Recipes

*175 fast, easy, and delicious meals combining the hottest diet trend—the low-carb, high-fat keto diet—with the latest must-have kitchen appliance—the air fryer. While an appliance that promises a lower-fat cooking method like the air fryer may seem counterintuitive to the high-fat keto diet, you'll be pleasantly surprised to learn that air fryers don't remove fat from foods. Instead, they use the natural fats in*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*the foods to cook them without adding additional fat or oil that comes from traditional frying methods. An air fryer offers a healthy cooking option for keto dieters and is the perfect tool to cook a wide range of keto-friendly foods from steak to tofu, bacon to vegetables, and even desserts. The I Love My Air Fryer Keto Diet Cookbook will introduce you to 175 tasty and easy keto meals you can make with your air fryer. Learn how to make satisfying, whole-food dishes for every meal from breakfast to dinner, appetizers, to side dishes and desserts, and of course, great snacks. With this guide, you'll discover how perfectly the air-fryer fits into your keto diet!*

*A Comprehensive Metabolic & Lifestyle Approach A diagnosis of Alzheimer's disease in 2016 is startlingly*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*similar to a half-century ago. Despite decades of research and millions of dollars invested in uncovering the causes and developing treatments for this devastating illness, progress has been slow, with each new "blockbuster" drug proving to be as big a disappointment as the ones that went before it. Today, an Alzheimer's diagnosis is a death sentence. However, there may be ways to prevent, delay, and possibly even reverse the course of this crippling neurodegenerative disease. In *The Alzheimer's Antidote*, Certified Nutrition Specialist Amy Berger presents a multi-pronged nutrition and lifestyle intervention to combat Alzheimer's disease at its roots. Berger's research shows that Alzheimer's results from a fuel shortage in the brain: As neurons become unable to harness energy from glucose,*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*they atrophy and die, leading to classic symptoms like memory loss and behavioral changes. This is a revolutionary approach--one that has been discussed in the scientific literature for years but has only recently been given credence in clinical settings, thanks to extremely promising studies wherein Alzheimer's patients have experienced complete reversals of the condition. Medical and scientific journals are full of research showing alternate ways to fuel the starving brain, but no one has been bringing this essential information to the people who need it most--until now. In a culture obsessed with miracle medications, the pharmaceutical route for tackling Alzheimer's has been a massive failure. Pills and potions don't address underlying causes, and regarding Alzheimer's, they typically fail to*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*improve even the symptoms. As a metabolic problem, the only effective way to treat Alzheimer's may be a multifaceted approach that fundamentally reprograms energy generation in the brain. The good news is, the secret is as simple as switching to a low-carb, high-fat diet. The Alzheimer's Antidote shows us that cognitive decline is not inevitable, but if it does occur, we don't have to sit idly by and wait helplessly while it progresses and worsens. Amy Berger empowers loved ones and caregivers of Alzheimer's sufferers, and offers hope and light against this otherwise unnavigable labyrinth of darkness.*

*Forget the Fad Diets, Join the Food Freedom Movement!*

*Counting calories is out. All the food groups are in.*

*Becoming trim and healthy doesn't have to be difficult or*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*painstaking anymore. After trying almost every fad diet out there, Serene Allison and Pearl Barrett, creators of the Trim Healthy Mama movement, took matters into their own hands. Through trial and error and much research, they created the Trim Healthy Mama Plan, the breakthrough lifestyle program to help readers of all ages and stages get healthy, slim down and keep off the weight once and for all. Based on the authors' successful self-published book, this simplified, improved, practical plan shows readers a unique way to lose weight and get healthy by eliminating sugar, and still eating hearty, delicious food. The biblically-sound and highly effective eating approach centers on Satisfying meals (which include more fats and protein) and Energizing meals (which include more carbs and protein), as they are*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*the key to success. Scrumptious whole, unprocessed foods, including fats, blood sugar friendly grains, proteins, fruits, and vegetables, are eaten in a way that boosts metabolism, yet still fits into anyone's hectic lifestyle. It's family friendly and effective for pregnant and nursing mothers, pre or post-menopausal women, and also those without weight or health issues—even men and growing children. The book includes menu plans, a list of key super foods to eat on plan, time-saving tips, and pantry stocking and lifestyle advice to help readers successfully reach their goals. Join the Trim Healthy Mama movement and along with thousands of others, and discover the groundbreaking, easy-does-it, and delicious way to eat for health and weight loss. Boost your metabolism and burn 100-500 more calories per*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*day by putting your body into fat burning mode with a new science-backed update to this proven diet. The New Keto-Friendly South Beach Diet combines the good fats and healthy carbs of the world-famous heart-healthy program with the advanced nutrition science of keto-all in a doctor-approved plan that is easier than strict keto diets. The original South Beach Diet defined the cutting edge of healthy weight loss. Now the creator of the classic plan combines his signature diet with the latest, most cutting-edge advances in healthy eating that are the basis for the ketogenic diet. With a new emphasis on good carbs, healthy fats, and quality proteins, The New Keto-Friendly South Beach Diet takes the powerful fundamentals of the original South Beach Diet and adds the fat-burning principles of*



## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*keto. Dr. Arthur Agatston cuts through the confusion around keto and low carb diets and gives readers a step-by-step 28-day eating plan that increases satisfaction, decreases appetite, and makes it easy to lose weight and keep it off. He also explains why strict ketosis is not necessary to achieve results; the effectiveness of intermittent fasting; and the relationship between yo-yo-dieting and sugar addiction. This plan offers the benefits of keto and low carb without the pitfalls. As this new book reveals, you can boost your metabolism and put your body safely into fat-burning mode with a diet that's more flexible and more sustainable than traditional keto. And that's not all: in addition to long-term weight loss, the South Beach Keto-Friendly plan can boost mental sharpness, reduce inflammation and pain,*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*increase your energy, and improve diabetes and heart health. Includes around 100 recipes, full-color photos, and an easy-to-follow 28-day meal plan.*

*Diabetes Meals by the Plate*

*Cut the carbs with 130 deliciously healthy recipes*

*Low Carb Express*

*Atkins for Life Low-Carb Cookbook*

*Using a Low-Carb, High-Fat Diet to Fight Alzheimer's Disease, Memory Loss, and Cognitive Decline*

*The South Beach Diet Cookbook*

*Easy, Indulgent Recipes That Still Fit Your Macros*

*The Art and Science of Low Carbohydrate Living*

We would all love to eat less carbohydrates and switch to a low-carb diet, but many of us think we just do not have the

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

time. We believe that low-carb cooking and baking are time consuming, because you have to start from scratch, and it involves specialised ingredients which may be expensive or hard to find. Not so, says Vickie de Beer, who believes the problem lies in the fact that we have become afraid of the kitchen and lost the knowhow of basic cooking techniques. The truth is that you can still cook nutritional and flavourful meals without refined carbohydrates even when you are pressed for time. In Low-Carb Express, Vickie shows that with a little planning and better time management, you can cook healthy meals in a cinch that will not only benefit you and your family's overall health, but might also benefit your budget. Don't blow up your keto diet just because you got stuck

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

eating fast food! Use my Keto Fast Food Survival guide to confidently order low carb at 25 of the top fast food chains in the United States. Inside you'll learn... **WHAT TO ORDER** - I'll tell you exactly which keto friendly fast foods to order at your favorite places like Chick fil A, Chipotle, McDonald's, Starbucks, Taco Bell, etc. **HOW TO ORDER** - Get simple instructions on how to say your order so that you feel no anxiety and they get your order 100% right. **WHAT MACROS TO EXPECT** - I give you the net carb, calorie, fat, and protein counts so that you can hit your macros.

**LOSE UP TO 12KG IN 12 WEEKS** Two doctors want to help people lose weight, and they know how to do it. Obesity is now our biggest health threat and is ruining people's lives.

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

Diets work for a while, but then fail. Why? In *The Diet Whisperer*, Dr Paul Barrington Chell and Dr Monique Hope-Ross explain in simple terms why we are now struggling with our weight. And the answers are very surprising. They tell us why calorie counting is flawed, and why exercise is not the answer. They dispel many long-held myths about weight loss and dieting, backing up their methods with up-to-date evidence-based medicine. In this remarkable book on wellness, the two doctors tell us exactly how to lose weight, lose it quickly, and lose it forever. There are easy to follow plans, for fat adapting our bodies and controlling our fat storage hormones. They teach us how to combine these with safe intermittent fasting, to control our weight forever. As a new diet-whisperer, you will have the skills to

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

make your loved ones healthier too.

"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-

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

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

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

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



## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

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.

The Diet Whisperer: 12-Week Reset Plan

Anti-Inflammatory Keto Cookbook: 101 Recipes and a 2-Week Plan to Jumpstart Your Healing

# Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

A Practical Approach to Health & Weight Loss, with 100+ Easy Low-Carb Recipes

Why We Get Fat and what to Do about it

Simple and Delicious Low-Carb, High-Fat Recipes for Your Ketogenic Lifestyle

Keto in Five - The Complete Collection

Dirty, Lazy, Keto

Keto Drinks

*Low Carb Express Cut the carbs with 130 deliciously healthy recipes* Kyle Books

*Heal inflammation the keto way--an easy, all-in-one cookbook and meal plan Following the ketogenic diet is a great way to increase your energy and overall wellness. And the*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*best part is, a focus on eating nutritious, soothing whole foods is also the perfect way to relieve inflammation. The Anti-Inflammatory Keto Cookbook is your how-to recipe guide and meal plan for kicking inflammation to the curb with keto. This simple and straightforward resource for starting and sticking to a keto anti-inflammatory diet includes more than 100 tasty recipes that emphasize anti-inflammatory ingredients. Then, dive into the 2-week meal plan that puts your new lifestyle into action, with pre-planned meals that make it easier to live inflammation-free. Bring*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*the power of keto to an anti-inflammatory diet, with: A crash course in keto--Discover exactly what the ketogenic diet is, and the science behind how it helps fight all kinds of inflammation. Your 2-week plan--The pre-organized meal plan, complete with weekly shopping lists, means you can start practicing a keto and anti-inflammatory diet without worrying about what's for dinner. Good habits for life--This book equips you with the knowledge you need to maintain an anti-inflammatory diet and a healing approach to nutrition long after the first 2 weeks. Start healing with the soothing and delicious*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*foods of a ketogenic and anti-inflammatory diet.*

*A Week of Delicious Keto Meals in One Hour of Meal Prep Low-carb, keto recipes that actually taste good: With over 1,000,000 fans, FlavCity is known as the go-to spot for healthy meal prep and keto recipes to help you lose weight. Bobby Parrish has been featured on The Rachael Ray Show and the Food Network and is proud to call himself a home cook, just like you. Tired of eating bland, boring, healthy food? Fans of FlavCity know that Bobby and Dessi Parrish know good food. On their hit YouTube channel, they've shown*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*that you can lose weight on the keto diet without sacrificing the joy of delicious food. In Keto Meal Prep, the Parrish duo show you how to maximize your time and prepare seven days of healthy meals in one evening?and maintain your ketogenic diet. You'll spend less time cooking and more time enjoying. Easy, creative, tasty meals: Keto Meal Prep includes more than 125 low carb recipes full of flavor. You'll meet your weight loss goals with dishes perfectly calibrated to the ketogenic diet. Each easy-to-follow recipe can be prepped in advance, so when you're tired and hungry, a healthy*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*meal is just minutes away. Mix and match the base recipes and your meal combinations are endless. This keto cookbook has you covered from morning to night with recipes for protein-filled breakfasts, exciting lunches, crave-worthy dinners, tasty snacks, and keto desserts. Here's what else you will find in Keto Meal Prep by FlavCity:*

- 50 keto meal prep recipes, each containing 2-3 components*
- 25 individual keto-approved recipes*
- Detailed macros and carb count for each recipe*
- Allergen index for nuts, dairy, and eggs for each recipe, and with Paleo*
- Video tutorials that are live on YouTube*
- Tips for*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*becoming a meal prep boss • Actual fan reviews and more! If you liked the cookbooks Simply Keto, The Easy 5-Ingredient Ketogenic Diet Cookbook, The Complete Ketogenic Diet for Beginners, or Keto Made Easy, you'll love Keto Meal Prep. Please note: recipes indicated as being "Whole30 diet compliant" have not been independently evaluated for compliance by Thirty & Co., LLC d/b/a Whole30®*

*Reducing your carbohydrate intake is a proven way of losing and maintaining a desirable weight. Award-winning nutritionist and food writer Annie Bell offers a speedy take on*



## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*this popular way of eating. With over 130 brilliant new recipes aimed at maximising nutrition with fresh, healthy ingredients, Annie offers the answer to anyone pushed for time looking for simple, nutritious dishes taking 30 minutes or less. Recipes include indulgent savoury options such as Blinis with Smoked Salmon, Spaghetti with Anchovies, Garlic and Parsley, Pizza Omelette with Mozzarella and Chorizo, and Spicy Fried Chicken, as well as sweet low-carb treats - Carrot Cake Muffins, Apple and Blueberry Frittata, and Raspberry Coconut Ice Cream. Nothing is off limits with chapters on:*

# Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*Breads, Pancakes, Muffi ns and Crackers;  
Dipping and Dolloping; Pinchos and Nibbles;  
Soups, Stews and Smoothies; Eggs and  
Fritters; Noodles, Pasta and Pilafs; Protein  
Pots and Sweet Satisfaction. You will fi nd a  
recipe for every occasion - from a light  
lunch to a quick supper, nibbles with drinks,  
and lots of ideas for healthy snacks.  
Nutritional analysis of every recipe ensures  
it couldn't be easier to pursue a low carb  
diet and achieve your goal.  
The Revolutionary New Way to Lose Weight  
Keto Bowls  
60 Ways to Lower Your Blood Sugar*

# Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*Burn Fat, Heal Your Gut, and Reverse Disease with a Mediterranean-Keto Lifestyle*

*Keto Bread*

*Rachael Ray's 30-Minute Get Real Meals*

*From Tasty Keto Coffee to Keto-Friendly Smoothies, Juices, and More, 100+ Recipes to Burn Fat, Increase Energy, and Boost Your Brainpower!*

*The Ultimate Bread Making Cookbook. Bake Instant, Delicious Loafs Easily Every Day | Including Sourdough, Low-Carb, Keto, Gluten-Free, And Many More Different Bread Recipes*

**Over 100 easy, delicious, keto-friendly bread recipes**

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

to kick your carb cravings to the curb. Following a keto diet is easier than ever, knowing that you no longer have to completely give up the foods that you love. With some simple modifications, you can still eat all of your favorite foods while remaining in ketosis. Keto Bread is the must-have cookbook for anyone searching for keto-friendly bread recipes to indulge in their cravings for carbs. Instead of turning to options that might prevent ketosis, this book ensures that your body will continue to burn fats instead of carbs while still enjoying your favorite foods. Learn how to make everything from sweet, pull-apart caramel monkey

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

bread to a savory 3-cheese white pizza or satisfying blueberry pop tarts to a basic, delicious loaf of bread. Keto Bread will help you stay on top of your keto diet but allows you to enjoy a unique spin on the many different and delicious versions of bread out there.

These bread substitutes replace ingredients like white flour with other keto-friendly options, such as almond flour, ensuring success in your keto diet endeavors.

Low-fat or low-carb? A recent New York Times Magazine (July 7, 2002) cover story answered this question and said that Dr. Atkins was right all along, "its not fat that makes us fat but carbohydrates."

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

Though the government has spent hundreds of millions of dollars in research trying to prove that fat is the cause of obesity, there has been a subtle shift in the scientific consensus over the past five years supporting what the low-carb diet doctors have been saying all along: if we eat less carbohydrates, we will lose weight and live longer. One of the toughest challenges of any diet is having enough variety and choices to keep the dieter from losing interest. The most common reason that people abandon their diet is boredom but 500 LOW CARB RECIPES: 500 Recipes, From Snacks to Dessert, That the Whole

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

Family Will Love by Dana Carpender has more than enough recipes to keep even the most finicky dieter on track. With recipes for everything including hors d'oeuvres, snacks, breads, muffins, side dishes, entrees, cookies, cakes and much more, this is an endless supply for creating meals for the whole family night after night. Whether everyone in the family is on a diet or not, these recipes are proven winners with adults and kids alike. Also included: Many one-dish meals for single people--main dish salads, skillet suppers that include meat and vegetables, and hearty soups that are a full meal in a bowl. Ideas for breaking

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

out of old ways of looking at food with suggestions that save time and money and change what is considered a normal meal for breakfast, lunch and dinner.

Information about where to find low-carbohydrate specialty products and descriptions of low-carb specialty foods found in grocery stores everywhere.

An entire chapter that lists and describes low-carb substitute ingredients such as fats and oils, flour substitutes, liquids, seasonings and sweeteners.

Dieters will be pleased to know that they can eat foods like guacamole, omelets, pizza, steak, ham and dessert without giving up great taste and still lose



## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

weight. There are enough recipes to create the perfect menu for any holiday of the year--including Thanksgiving. Each of the 500 recipes includes a carbohydrate count to help calculate the total carb intake of each menu. There are more recipes for main dishes and side dishes than most low-carb dieters will ever be able to eat--everything from down-home cooking to ethnic fare; from quick-and-easy weeknight meals to knock-their-socks off party food. 500 LOW CARB RECIPES is the last cookbook any dieter will ever need to buy and certain to be used until the binding is worn out!

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

Featuring a delicious seven-day menu plan and advice on how to add flavor to a low-carb diet, this guide to low-carb eating from one of the nation's most trusted kitchen resources presents 150 recipes for everything from starter salads to dessert. Original.

"A practical approach to health & weight loss with 100+ easy low-carb recipes"--Cover.

And Incidentally Historical Collections Pertaining to Border Warfare and the Early Settlement of the Adjacent Portion of the Ohio Valley

Keto Fast Food Survival Guide

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

Atkins for Life

Your Guidebook for Living a Low-Carb and Low-Sugar Lifestyle

120 Low Carb Recipes. Up to 5 Net Carbs, 5 Ingredients & 5 Easy Steps for Every Recipe

Atkins: Eat Right, Not Less

The Camping Cookbook

Diets like Keto and Mediterranean are great, but now there's something better! This book will empower you to lose weight, heal your gut, and reverse disease with information and recipes

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

for a healthy, low-carb, anti-inflammatory lifestyle. New York Times best-selling author Don Colbert, MD, has created a new dietary lifestyle, the Beyond Keto lifestyle. Beyond Keto blends the best of both worlds, the Ketogenic and Mediterranean diets, and combines them with cutting-edge research on gut health. The key is eliminating foods that cause inflammation. If you've tried a conventional Ketogenic or Mediterranean

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

diet and still feel bloated, sluggish, or your weight loss has plateaued, Beyond Keto gives you the guidelines to go deeper in a low carb/anti-inflammatory lifestyle that empowers your body. In Beyond Keto, Dr. Colbert teaches you how to: Balance Your Hormones and Heal Your Gut Eliminate Inflammation and Related Diseases Boost Your Energy and Increase Longevity Shift Your Body Into Fat-Burning Mode Give your body what it needs to conquer

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

disease and lose weight for good. Start living the Beyond Keto lifestyle today. Beyond Keto Cookbook also available:

ISBN 978-1-63641-084-5

A definitive resource for low carbohydrate living. Trading up from sugars and starches to a cornucopia of nutrient-rich, satisfying, and healthy foods.

Presents a program for lifetime weight control using three different plans that feature separate carbohydrate

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

levels to accommodate every dieter's needs, and is accompanied by sample menus, shopping and cooking tips, and recipes.

A companion to "The South Beach Diet" presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories.

More than 250 Recipes for Every Occasion

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

More Than 200 Delicious Recipes That Fit the Nation's Top Diet

The Ultimate Guide to Keto Baking

Rev Your Metabolism and Improve Your Health with the Latest Science of Weight Loss

The Easy-Does-It Approach to Vibrant Health and a Slim Waistline

500 Low-Carb Recipes

The Cauliflower Diet

125+ Low Carb Recipes That Actually Taste Good



## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*Keeping up with ketosis has never been easier, with these build-your-own superfood bowls for breakfast, lunch, and dinner. Find out how easy, satisfying, and delicious your ketogenic diet can be with 50 recipes created for the bowl. The perfectly balanced, plentiful, and wholesome bowls make keto meal prep incredibly fast while offering portion control and easy cleanup. Each carefully developed recipe in Keto Bowls offers a low-carb, high-fat mix of non-starchy vegetables, meat, seeds and nuts, cheeses, oils and fats, and creative keto-friendly bases like calorie-free shirataki noodles—ensuring you get a full, nutrient-rich meal while continuing ketosis. Recipes include: Berry Coconut Yogurt with Granola Green Goddess Chicken with Jicama Noodle Salad Poke Bowl with Avocado and Sesame Seeds Cauliflower Cacio e Pepe Guajillo Braised Pork Taco Bowls With separate sections for*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*breakfasts, (easily portable) lunches, dinners (and even desserts!), Keto Bowls offers the ultimate way to dramatically simplify every meal and stick to your ketogenic lifestyle.*

*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*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*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-*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*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.*

*Outlines a low-carbohydrate eating program designed to encourage weight loss and improve health, and provides two hundred menu plans with controlled carbohydrate counts and more than one hundred recipes.*

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*Stephanie spent most of her adult life in the Morbidly Obese Class III BMI category. Hovering close to 300 pounds, she avoided booths at restaurants and feared not fitting into amusement park rides. Through trial and error, Stephanie learned how eating a low carb, moderate protein, higher fat diet could finally nudge her weight in the right direction. Stephanie has kept her weight off for six years! She left behind a giant dent on the couch to run twelve marathons, two of which earned her a first-place marathon medal. As part of the chosen "Clean Start Team", Stephanie ran the New York City Marathon in 2017 as a sponsored athlete from PowerBar. Her hope is that the reader will leave inspired and armed with enough information to get started on their own journey of personalized weight loss success.*

*Baking Bread For Beginners*

# Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

*An Expert Guide to Making the Life-saving Benefits of Carbohydrate Restriction Sustainable and Enjoyable*

*Lazy Keto Kitchen*

*Cajun Low-Carb*

*Supercharge your metabolism, reverse diabetes and harmonise your brain clock*

*The Alzheimer's Antidote*

*Simple Steps to Reduce the Carbs, Shed the Weight, and Feel Great Now!*

*Keto Meal Prep by FlavCity*

SWEET, SAVORY, DELICIOUS. Think you have to give up baking on a low carb or keto diet? Think again! Grab an apron and your favorite mixing bowl and get ready to

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

dive in as Carolyn Ketchum brings her passion for low-carb baking to life in *The Ultimate Guide to Keto Baking*. The creator of the popular blog *All Day I Dream About Food* and the author of several beloved cookbooks, Carolyn is famous for her delectable recipes for low-carb baked goods. With this comprehensive cookbook dedicated to ketogenic baking, you too can create mouthwatering baked goods that will satisfy every craving while maintaining your healthy lifestyle. Your family and friends may not even realize that these recipes are keto! Carolyn Ketchum's mission is to prove to the world that special diets need not be boring or restrictive. When gestational diabetes forced her to

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

begin watching her carb intake, she channeled her passion for baking and cooking into creating low-carb versions of her favorite treats. It's astonishing what you can do with a bag of almond flour, a stick of butter, and a willingness to experiment. The Ultimate Guide to Keto Baking is an astoundingly comprehensive resource for baking without sugar, wheat flour, or other high-carb ingredients. Carolyn has spent years honing her low-carb baking techniques, and in this book she shares all her secrets. In addition to an extensive review of low-carb baking ingredients and tools, she includes more than 150 thoroughly tested recipes for sweet and savory baked goods, from everyday cookies to special



## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

occasion cakes and pies to breads, crackers, and even pizza. Sample Recipes Include: • Chocolate Mayonnaise Layer Cake • Marble Cheesecake • Dairy-Free Chocolate Chip Skillet Cookie • Key Lime Pie Bars • Maple-Glazed Donuts • Cheddar Garlic Drop Biscuits • Chewy Keto Bagels • Tomato Ricotta Tart • Summer Berry Cobbler No matter what you want to bake, The Ultimate Guide to Keto Baking has you covered with a wide variety of sweet and savory treats. With this comprehensive cookbook, you can create mouthwatering low-carb goodies that will satisfy every craving while nourishing your body, mind, and soul. No pasta? No dessert? No way! Everything in

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

moderation, says Rachael Ray. After all, some days only chocolate or spaghetti will hit the spot. In Rachael Ray's 30-Minute Get Real Meals, the bestselling cookbook author and Food Network star serves up another helping of creative, hassle-free recipes that are ready to rock your tastebuds in less than thirty minutes. The latest addition to Rachael's runaway hit series of 30-Minute Meals cookbooks is designed for cooks who want to look and feel great but long for the fun and the flavor that's missing from their extreme low-carb meals. Why fill your shopping cart and your stomach with processed, low-carb cereals and breads that taste like cardboard when you can eat the foods

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

you crave? Here, at last, are recipes for those who just cannot and will not live totally carb-free: Pasta dinners made mostly with proteins and vegetables and only a couple of ounces of pasta per servings, fresh Thai and Mexican lettuce wraps, take-out-style stir-frys, and tons of burger ideas—with and without the buns. And when you've just got to satisfy that sweet tooth, even nonbakers (like Rachael) will flip for Nutty Creamsicle Pie, Stuffed Roasted Strawberries, and other surprisingly easy dessert recipes. With more than 150 new dishes, plenty of time-saving tips, and a generous serving of Rachael's "you can do it" attitude, 30-Minute Get Real Meals proves you don't have to go to

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

extremes to eat healthy. Rachael Ray confesses that there's pasta in her pantry, and she isn't afraid to admit that chili is just an excuse to snack on corn chips. On the other hand, she also confesses that it's more fun to shop for clothes when she's eating fewer carbs. So what's a carb-frustrated cook to do these days? Don't go to extremes, says the force of nature behind Food Network's 30-Minute Meals. Get real! With a little creativity and less than half an hour, now you can watch your carbs and eat them, too. Satisfy your carb-starved cravings and still mind that waistline with more than 150 healthy, delicious recipes—including Rachael's first-ever section devoted just to desserts:

## Download Free Low Carb Express Cut The Carbs With 130 Deliciously Healthy Recipes

- Snacks and Super-Supper Snacks •Burgers Gone Wild
- Take a Dip: Fondues •Salads that Stack Up •That's Souper
- Well-Rounded Square Meals •Pasta: Come Home Again
- Desserts? Yes, Desserts!