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LOW CARB: Favorite USA Dishes Made LOWER-CARB! (Quick & Easy Lower Carb Cooking Recipes) (Lower-Carb Cookbook)

Paulina Christen, K. Barrington

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Favorite USA Dishes Made LOWER-CARB!
Your Favorite Lower-Carb Recipe Book with Quick and Easy Recipes

If you are thinking about switching to a lower-carb diet, you may be worried that you will have to give up your favorite foods. By limiting your intake of carbs you will also be severely limiting your meal options – or so you might think. In reading this book, however, you will learn that switching to the low-carb diet does NOT mean that you have to give up your favorite foods. You can still enjoy your favorite American dishes including biscuits and gravy, burgers, pizza, even cupcakes without straying from the diet. If you are ready to give the lower-carb diet a try, this book is the perfect place for you to start!

Includes mouthwatering meal recipes - many under 30 minutes:

Carrot Cake Muffins
Low-Carb Corn Bread
Almond Flour Waffles
Crustless Quiche
Beef and Quinoa Vegetable Chili
Curried Turkey Burgers
Homemade Sloppy Joes
“BLT” Macaroni and Cheese
Beef and Mushroom Stew
Grilled Turkey and Portobello Burgers
Almond Flour Pizza with Mushrooms
Easy Homemade Meat Loaf
Low Carb Lemon Cheesecake
Banana Zucchini Bread
Creamy Chocolate Pudding Pie
Cinnamon Apple Crisp

and many more!

Simply put, this book gives you some of the fastest, easiest ways to enjoy your favorite American foods (Breakfast, Lunch, Dinner, Dessert) while following a lower carb diet.

♥ All recipes with Nutritional Information
♥ Includes many mouthwatering meal recipes under 30 minutes
♥ Perfect for beginners
♥ All recipes with photo
♥ All recipes lower-carb (up to 25g per 100g)

♥ All recipes with description

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Millicent Doty:

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(Lower-Carb Cookbook) can to be your brand-new friend when you're experience alone and confuse with what must you're doing of that time.

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