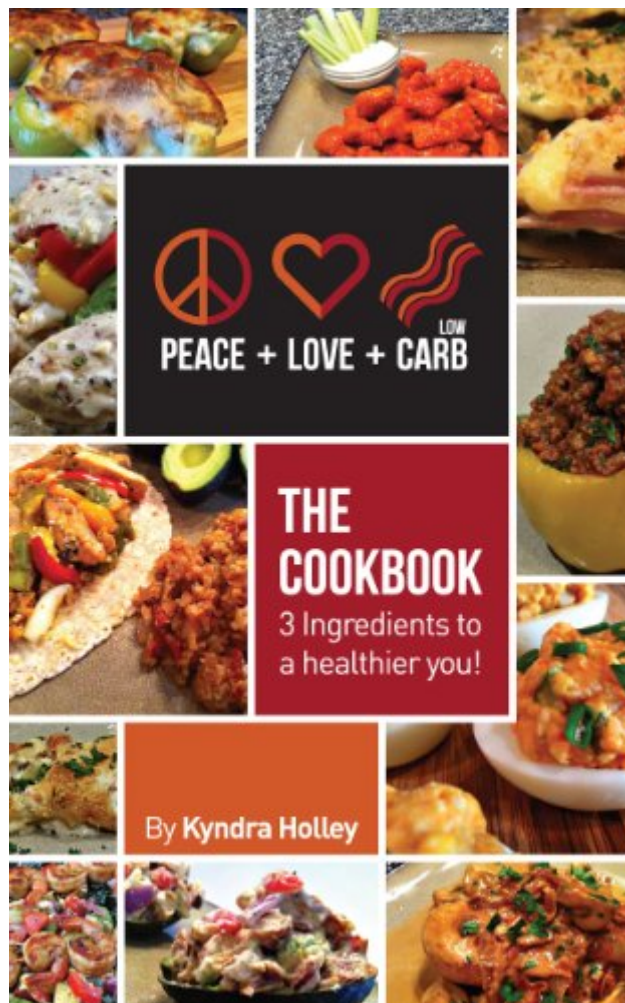




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Peace, Love, And Low Carb - The Cookbook - 3 Ingredients To A Healthier You!



Synopsis

Peace, Love, and Low Carb - The Cookbook - 3 Ingredients to a healthier you! This cookbook is a mixture and wide variety of low-carb, high fat, paleo, primal, dairy-free, gluten-free, sugar-free, and even some vegetarian recipes. This cookbook is filled with mouth watering, restaurant quality dishes that will help keep you on track without feeling deprived. I took all the the old, carb-laden comfort foods I love and re-created them into lower carb versions. If you love bacon, then you are sure to love this book. This book boasts 90 recipes with the macros provided for each, a sample shopping list, a list of spice staples, a table of contents, index by ingredient and more... Each recipe has two bright color photos to accompany it.

Book Information

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Customer Reviews

I have been using this cookbook for quite awhile and love it. It doesn't have photos but with that being said, it challenged me to really risk trying the recipes and not having a preconceived idea of how it would look or anything. I'm happy to report that it is one of my most used books!

I like the way I feel when I eat low carb, I have tons of energy, clarity, and it keeps my anxiety & depression at bay. However, after a few weeks I always fall off the wagon because traditional low carb food is BORING (and, kind of icky). This book is the answer! The cheesy bacon biscuits are my favorite, they are so versatile :) I'm a student and my cooking skills are mediocre at best, but these recipes are simple and straightforward and even I can make them taste good. I've ordered other popular low carb/paleo cookbooks and the recipe list alone is enough to make me shudder and order take out instead. I'm glad I found your book and I love all the awesome comfort foods! I definitely recommend!

Awesome recipes in this book, and the author's blog has some really great recipes, too. My only complaint is the aesthetic of the cookbook. Normally I'm pretty indifferent to presentation, but the whole book is in B&W, which for food photos really takes away the appeal for me. Also, the book is very thin and in paperback. I guess for what is being charged for the book here, I really was expecting something more than a pamphlet style cookbook. All in all I still like the book and it has some awesome, tasty and healthy recipes, so overall I am very pleased with it. I was just a bit disappointed in the presentation.

I bought this along with her Primal Low carb kitchen. So happy I have both of these!!! Her Just like the real thing lasagna is the BEST low carb lasagna I have ever had and to me tastes like regular lasagna. You should def buy both of these if you are on a low carb diet. They help me make amazing meals that my whole family loves!!!

The recipes sound great! The only problem i have with the book is that it is kinda pricey for not having any photos of the dishes in the book and being a small paperback. But i don't think anyone would be disappointed with the actual recipes!

We don't eat "fancy" meals in my house. My kids won't allow it. A huge majority of these recipes my whole family would love and that is exactly what I was looking for! Thank you so much! I'm looking forward to the newest book, Craveable Keto, coming out and I'm definitely getting a physical copy!

I love all the recipes I have tried so far! Everything has been easy to prepare and all the ingredients are readily available. I do alter the amounts of salt and butter to better suit my personal tastes. My only complaint is that I wish I had known before hand that the paperback version does not have

pictures. If I had known I would have just purchased the e-book.

I cook from this book once or twice a week. The other days I'm cooking from her other books. After I made my first two or three recipes from this book, I purchased the rest of her cookbooks. My husband now says we're eating better than any restaurant we've been to. Her meals are that great!

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Carb Diet Cookbook, Low Carb Cookbooks) Keto Bread Cookbook : (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating) Peace, Love, and Low Carb - The Cookbook - 3 Ingredients to a Healthier You! Low Carb Slow Cooker Cookbook: Delicious Fat Burning Low Carb Slow Cooker Recipes (Low Carb Crockpot Cookbook Book 3) Low Carb: Proven Low Carb Homemade Cookbook That Will Help You Lose Weight Without Starving! (Includes High Protein and Low Carb Winning Diet Recipes That Will Promote Rapid Weight Loss)

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