



Low Carb High Flavor Recipes Made Easy

Fiona Carns

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In this timely book, Fiona Carns offers not just delicious low-carb recipes - most of which take only 5 to 20 minutes to prepare - but a great eating strategy designed around energy breakfasts, quick snacks, and gourmet dinners. For starters, try the Ribeye and Fennel with Avocado or the Lemongrass and Ginger Chicken Balls. Then choose from such delicious dishes as Baked Salmon in Balsamic and Maple Syrup with Shaved Fennel or Lamb, Eggplant, and Feta with Roasted Red Pepper Sauce. Included is a recommended products section listing the staples of this diet, carbohydrate levels for each product, and basic preparation techniques. A useful chart arranges foods in the categories of Enjoy, Limit, and Avoid, and a section on dishes tailored for kids makes a healthy diet fun for the whole family.

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Valerie Garrison:

Low Carb High Flavor Recipes Made Easy can be one of your beginning books that are a good idea. Many of us recommend that straight away because this guide has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to put every word into enjoyment arrangement in writing Low Carb High Flavor Recipes Made Easy but doesn't forget the main position, giving the reader the hottest as well as based on confirmed resource info that maybe you can be considered one of it. This great information can easily draw you into a completely new stage of crucial pondering.

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Is it an individual who has spare time subsequently spends it whole day by watching television programs or just lying on the bed? Do you need something new? This Low Carb High Flavor Recipes Made Easy can be the reply, oh how come? A fresh book you know. You are and so out of date, spending your extra time by reading in this new era is common not a nerd activity. So what do these books have that the others?

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