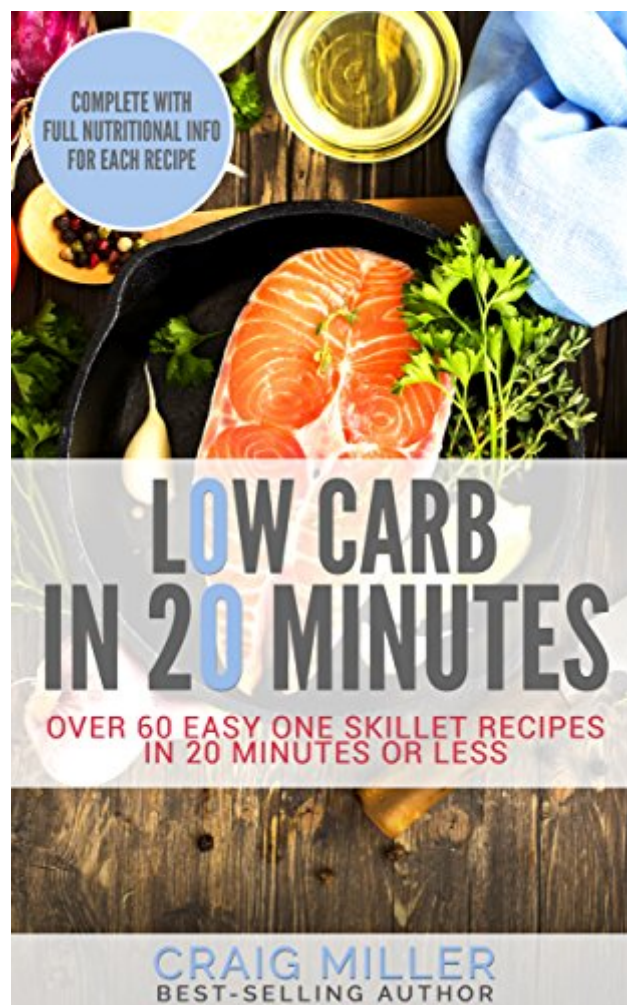


The book was found

Low Carb: In 20 Minutes - Over 60 Easy One Skillet Recipes In 20 Minutes Or Less (Low Carb Cookbook, Low Carb Diet Cookbook, Low Carb Cookbooks)





Synopsis

Are you holding back on starting a low carb diet because you feel you don't have enough time? Do you want recipes that take less than 20 minutes to prepare? This book could be the answer you're looking for... Low Carb: In 20 Minutes Over 60 Easy One Skillet Recipes in 20 Minutes Or Less Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that it is actually simple carbs such as sugar and pastas that are making us fat and unhealthy. By removing simple carbs with healthy fats and protein, the low carb diet forces your body to become a fat burning machine! As a result, you will automatically lose weight, increase your mental focus and decrease your appetite. This book is designed to empower you by providing quick and easy one-skillet recipes that can be made in less time than a TV episode! With Low Carb In 20 Minutes you will learn... Detailed Macro and Micro Nutritional Information For Each Recipe Cooking And Preparation Times To Find The Quickest And Easiest Recipes Over 60 Recipes for Breakfast, Lunch, Dinner, and Snacks A Straight Forward Explanation about the Low Carb Diet The Benefits Of One Skillet Cooking On A Low Carb Diet Learn How To Make These Delicious Recipes: Egg Bun Sausage Muffin Creamy Pumpkin Pancakes Cajun Scallops and Spinach Mango Salmon Pineapple Salsa Cheesy Almond Stuffed Chicken Shanghai Pork and Cabbage Eggplant Salmon Curry Coconut Beef Tenderloin and Mushroom Roasted Almonds with Ghee Mozzarella Pepperoni Pizza Low Carb Chicken Pesto Faux Mac & Chili Steak with Roots Vegetable and much much more! Get started on making quick low carb recipes by getting your copy today!

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Customer Reviews

I was pleasantly surprised by the huge variety of these recipes. I was expecting something boring, with the same recipe repeated over and over with a few variations. This was not the case. There were so many different ideas and meals that I could plan all my meals out for months and not be bored. The instructions are clear, the ingredients are neither odd nor are they hard to find. I can't wait to try each and every one of them!

First, I've only had the book for 2 days and only made 2 recipes. Both turned out (with a few adjustments) just fine. Second, I got the kindle book so the first problem won't apply to the paperback. That brings me to the first problem. The links to each section don't work. Add to that the fact that there's no index in the back of the book it's very difficult to find any specific recipe. While I've only been following a LCHF diet for about 2 months I do know that HF stands for high fat (or at least high protein) so I can't figure out why the recipes often call for extra lean meats and reduced fat cheese etc. As I understand it fat makes you feel full and there are other problems with going both low carb and low fat. That's what I meant about adjusting the recipes. All that is why I gave it only 4 stars. On the plus side the recipes seem clear and the variety should keep one from getting bored and quitting the diet. That seems to be a major problem with LCHF, and that makes the book worth 4 stars even with the difficult navigation

This is awful. I don't understand the good reviews. It's very small, in size and page numbers. It looks like something you would get free somewhere. No pictures, giant type. Obvious recipes like "denver omelette". If it was 5 dollars I would understand. For the money try the Goerge Stella low carb books. They are real normal cookbooks. This is so bad I think I'm actually going to return it and I never do that!

Very nice recipes i found in that book. Already prepared some delicious foods accordin recipes from that book. They are really low carb and also tasty. And also my family likes food which was prepared according to this wonderful book's recipes.Highly recommend it.

Everyone is looking for easy, healthy and budget friendly recipes nowadays and I am so grateful to have this book on my Kindle. This is for my mom and dad since their doctor advised them to have a low carb diet. Mom tried the egg bun sausage muffin already and it tasted so good. I am excited for the next recipe she will be cooking from this recipe book. I really want to try preparing the mango salmon pineapple salsa for lunch. Delicious and healthy base on the ingredients and nutrition facts.

Every recipe I've made so far from this book is delicious, and all the recipes live up to the 20-minute prep pledge as well. Delighted with this purchase!

Attractive recepies and photos. When i start cookin i will complement my review.

Hell yeah! This is exactly what I needed. Quick, easy, HEALTHY meals all in one place. It is very well organized and will serve as reference for a long time. I've already tried a few of the recipe's. They are delicious, healthy, and really hit the spot. I would recommend this book to anyone looking to cut carbs from their diet, whether its to lose weight, increase energy, or break carb addiction. You won't be disappointed.

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