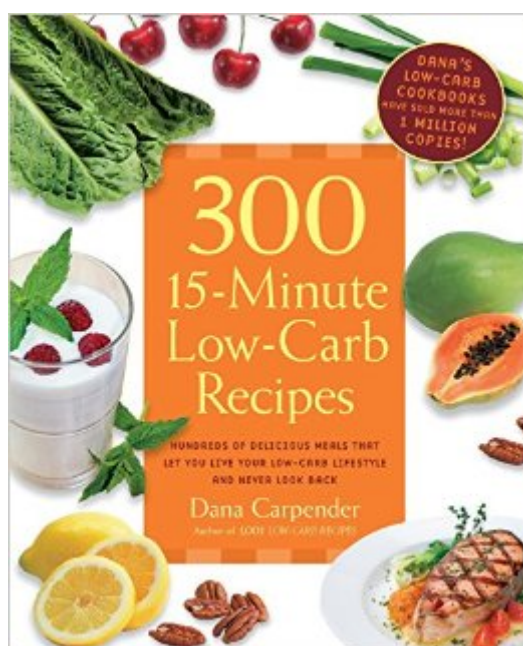


The book was found

300 15-Minute Low-Carb Recipes: Hundreds Of Delicious Meals That Let You Live Your Low-Carb Lifestyle And Never Look Back



Synopsis

A wide variety of fast and flavorful recipes at your fingertips! Eat well, stay fit, and maintain your low-carb diet with these 300 delicious and easy recipes that can be made in 15 minutes or less from start to finish. Simple and speedy cooking methods will lead you to a fabulous finished product every time. Studies show that low-carbohydrate dieting works to take weight off and improve cholesterol. But 300 15-Minute Low-Carb Recipes proves that low-carb doesn't mean you have to sacrifice flavor and taste. All of these low-carb recipes by bestselling author Dana Carpender will provide you and your family with delicious, nutritious, and filling meals that will keep you feeling healthy and leave your stomach stuffed. Recipes include:- Rosemary-ginger ribs with apricot glaze- Cranberry burgers- Chipotle-bacon breakfast burrito- Chicken chili verde- Beef and bacon "rice" with pine nuts- Aladdin salad- Strawberry ice cream- Mexican chocolate smoothie- And many more

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Customer Reviews

When I started low-carbing, I soon realised that if I wanted to maintain my weight loss and new lifestyle that I would have to basically re-learn how to cook. I began a messy, experimental phase - downloading dodgy recipes off the internet, hunting down rare and expensive ingredients and throwing out batches of ruined food when I messed up. I'm a lazy chef at the best of times, and I didn't want to be spending so much time, money and energy trying to maintain my diet. Enter 300 15minute recipes. This is exactly what I was looking for to solve my daily dinner dilemmas.- The recipes are easy to follow, including multi-tasking instructions (e.g. when part of the meal is in the

oven, do the vegetable steaming in the microwave) which simplify my evenings (who wants to spend an hour in the kitchen when you get home from work?!).- The book uses common ingredients that even an Australian can get her hands on.- Techniques and specialty ingredients are very clearly described up front, then explained again as needed.- And the recipes have been trialled and tested, so tasty, tasty success is pretty much assured.I'm still stunned by the sheer variety of recipes in here. I may not need to buy a cook book again for a while.Highly recommended.

I find this book to be very easy to navigate and use. True to its word, the recipes take 15 min or less to make. Every recipe has been great. It is so nice have someone already de-carb my favorite recipes. I have yet to find one I don't like. If you only get one of Dana's cookbooks, I would strongly suggest this one.

There are times when spending 3 hours preparing a low carb meal is enough to send the would-be dieter running for the bread and jelly. Dana's recipes are a sure antidote to this urge. There is enough variety presented here to keep even the busiest dieter on track, and the recipes are really good. Going far beyond the usual eggs, steak and cheese, Carpender presents skillet meals, main dish salads, soups, side dishes and even the steaks and chops, all available within the 15-minute time frame. Should something catastrophic happen to my cookbook collection, this is the first one I'd replace.

Dana Carpender is a great cookbook writer. Every book I have purchased is a good read,with easy to follow directions and they always work. I just made her 15 minute bbq ribs and they turned out great. It was as simple as dry rubbing the ribs, placing them in the slow cooker on low for 8 hours and enjoyong them for supper. The ribs were firm enough to place on the grill for a finishing touch. I enjoy the variety of recipes. The low carb menues have helped me to lose weight and keep my blood sugar in the normal range. You might enjoy"Dana's Low Carb for Life" web site which includes informative pod casts on low carb living and cooking.

I was desperate to find some interesting low carb dishes. This book and her other ones answer.I like the flavors of her recipes and her ingredients are easy to find in basic grocery stores. I don't like to cook, but when I'm confident that it will taste good, I have motivation. I even dared to make a chicken dish the first time for company.

I bought this book for the kindle and while I like the recipes, its too hard to find them on the kindle. More thought should have been put into linking the recipes.

I am new to the low-carb field. I tried Atkins, but nothing about it seemed healthy, with all the low-carb " Frankenfoods" and sugar alcohols. I then started looking at paleo nutrition, and it rang true to me. Of course switching to an entirely different mindset about nutrition is not easy and in this fast-paced society, the key to success is easy, quick meals that satisfy nutritional requirements. Otherwise, the temptation to fall back on easy, fast food is too great. This book has been a godsend for me. With a few ingredients I can pick up on my way home, I can have a healthy low-carb meal, and it won't take long to make. I credit this book with my success in transitioning to the paleo lifestyle. I highly recommend it.

This has helped me, since I have type 2 diabetes, control my glucose levels and atrytain a normal reading. Thank you so much.

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