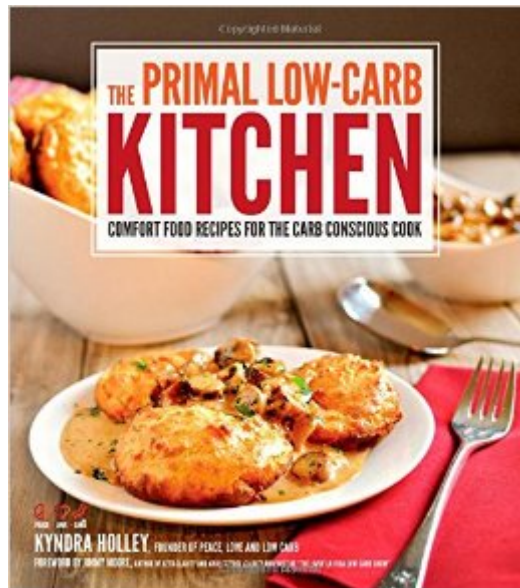


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# The Primal Low-Carb Kitchen: Comfort Food Recipes For The Carb Conscious Cook



## Synopsis

Give Your Low-Carb Diet A Healthy, Primal Makeover Without Sacrificing Taste The healthy, low-carb recipes in this cookbook taste so good you'll forget you're on a diet! Think you have to give up biscuits and gravy, waffles, rich sauces and pizza? Think again. The low-carb diet has proven itself effective, but when it's done with highly-processed low-carb alternatives, it is not always as healthy as it sounds. That's where Kyndra Holley comes in. She is the mastermind behind the blog Peace, Love and Low Carb, and has melded the best of both worlds: a time-tested low carb approach with healthy, whole-food Primal ingredients. Following the Primal template, Kyndra cuts out grains and gluten and emphasizes whole, unprocessed, "real" foods. A lifelong foodie with personal experience losing weight on the low-carb diet, Kyndra brings you mouthwatering comfort food recipes such as Caramelized Onion and Prosciutto "Mac" and Cheese, Italian Meatballs with Tomato Cream Sauce, Chili Dogs, Eggplant Lasagna and more. After all, who says dieting has to be about sacrifice? You'll feel fuller, radiant and satisfied thanks to these healthy, nutrient-dense low-carb meals. Foreword by Jimmy Moore.

## Book Information

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## Customer Reviews

I first borrowed this book from the library and, glancing through the pages, I quickly saw many recipes I'd like to make. The cookbook is also inexpensive so purchasing it was a no brainer. With post-it notes sticking out of many pages I began my Primal Low-Carb Kitchen experience. The Eggplant Lasagna was delicious and filling with the Hearty Meat Sauce featured in it's own recipe. The Bacon Cheeseburger Soup was another winner. The Pancetta Parmesan Risotto (made with

riced cauliflower) was also tasty. I'm still working on the leftovers. Cheddar Dill Biscuits (mmmm) I think I will make today as I already have the ingredients (cream cheese, egg, dill, shredded cheese, almond flour, heavy cream..just mix and drop mounds on muffin top pan. The book sections are Resources (I like the the 6 difference Seasoning Blends recipes part), Starters such as Carmelized Onion and Horseradish Deviled Eggs, Main Dishes such as Muffuletta Chicken (next on my list to make), Soups & Salads such as Chicken Pot Pie Soup, Sides and Snacks such as Rainbow Vegetable Noodles, Lemon Blueberry Muffins, Breakfast such as Lemon Chia Pancakes, Dressings and Sauces such as Creamy Chive Blue Cheese, Easy Peasy Pizza Sauce, Lemon-Garlic Aioli. I appreciate that in some of the recipes a slow cooker is used such as the soups and Pulled Pork with Bacon Barbecue Sauce, for instance. Each recipe has a mouth watering color photo, on it's own page, as well as a small write up with Kyndras thoughts about the dish and perhaps a tip on what it would be good paired with. Serving size is included as well as Calorie, Fat, Protein, Carb counts and sifting through the book the recipes look to be pretty much in line with the Low Carb, High Fat way of eating.

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