

Low Carb Recipes

Bobby & Dessi Parrish

The Skinnytaste Cookbook Gina Homolka, Heather K. Jones, R.D., 2014-09-30 Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, Skinnytaste. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet Muffins that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinny-fying" her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, The Skinnytaste Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

Low Carb Dinners Australian Women's Weekly Weekly, 2017-08-28 No Marketing

Blurb

500 More Low-Carb Recipes Dana Carpender, 2004-10-01 Dana Carpender has done it again -- 500 all-new recipes from snacks to desserts that the whole family will love! This time, she highlights world cuisines, including Italian, French, Chinese, Japanese, Greek, Mexican and other ethnic favorites. Most of these cuisines emphasize carbs, whether it's rice, pasta, or potatoes, but Dana has worked her magic to make delicious, simple low-carb versions that provide variety to the world's most popular diet.

500 Low-Carb Recipes Dana Carpender, 2002-10-01 Low-fat or low-carb? A recent New York Times Magazine (July 7, 2002) cover story answered this question and said that Dr. Atkins was right all along, it's not fat that makes us fat but carbohydrates. Though the government has spent hundreds of millions of dollars in research trying to prove that fat is the cause of obesity, there has been a subtle shift in the scientific consensus over the past five years supporting what the low-carb diet doctors have been saying all along: if we eat less carbohydrates, we will lose weight and live longer. One of the toughest challenges of any diet is having enough variety and choices to keep the dieter from losing interest. The most common reason that people abandon their diet is boredom but 500 LOW CARB RECIPES: 500 Recipes, From Snacks to Dessert, That the Whole Family Will Love by Dana Carpender has more than enough recipes to keep even the most finicky dieter on track. With recipes for everything including hors d'oeuvres, snacks, breads, muffins,

side dishes, entrees, cookies, cakes and much more, this is an endless supply for creating meals for the whole family night after night. Whether everyone in the family is on a diet or not, these recipes are proven winners with adults and kids alike. Also included: ·Many one-dish meals for single people--main dish salads, skillet suppers that include meat and vegetables, and hearty soups that are a full meal in a bowl. ·Ideas for breaking out of old ways of looking at food with suggestions that save time and money and change what is considered a normal meal for breakfast, lunch and dinner.

·Information about where to find low-carbohydrate specialty products and descriptions of low-carb specialty foods found in grocery stores everywhere.

·An entire chapter that lists and describes low-carb substitute ingredients such as fats and oils, flour substitutes, liquids, seasonings and sweeteners. Dieters will be pleased to know that they can eat foods like guacamole, omelets, pizza, steak, ham and dessert without giving up great taste and still lose weight. There are enough recipes to create the perfect menu for any holiday of the year--including Thanksgiving. Each of the 500 recipes includes a carbohydrate count to help calculate the total carb intake of each menu. There are more recipes for main dishes and side dishes than most low-carb dieters will ever be able to eat--everything from down-home cooking to ethnic fare; from quick-and-easy weeknight meals to knock-their-socks off party food. 500 LOW CARB RECIPES is the last cookbook any dieter will ever need to buy and certain to be used until the binding is worn out!

Stovetop Low Carb Recipes Lisa Shea, ** Revised for 2015 ** While microwaves can seem convenient, they also tend to encourage us to zap unhealthy food and chow it down while watching TV or playing on our laptop. These 34 stove-top recipes will help you slow down, eat less, and create delicious, healthy food. So much of our world is rush-rush-rush in our modern era. We want quick updates on our smartphones. We crave instant news via Twitter. But often it's important to slow down. The more we pay attention to how we live, and how we eat, the healthier we become. Cooking food on a stove reconnects us with what we are doing. It lets us smell the simmering sauce. It lets us stir the dinner into rich life. The process encourages us to pay attention to what we eat, to savor it, and to maintain reasonable portions. All of these things draw us into a healthier lifestyle. Make stove-top meals a regular part of your menu! Invest the time in your health. Your body will thank you with years of healthy, enjoyable life. In addition to the recipes, all of my low carb books provide appendices which explain how to successfully manage a low carb diet. Let me know if you have any questions or suggestions! I frequently update all my low carb books based on your recommendations.

Keto Meal Prep by FlavCity Bobby & Dessi Parrish, 2019-05-15 A Week of Delicious Keto Meals in One Hour of Meal Prep Low-carb, keto recipes that actually taste good: With over 1,000,000 fans, FlavCity is known as the go-to spot for healthy meal prep and keto recipes to help you lose weight. Bobby Parrish has been featured on The Rachael Ray Show and the Food Network and is

proud to call himself a home cook, just like you. Tired of eating bland, boring, healthy food? Fans of FlavCity know that Bobby and Dessi Parrish know good food. On their hit YouTube channel, they've shown that you can lose weight on the keto diet without sacrificing the joy of delicious food. In Keto Meal Prep, the Parrish duo show you how to maximize your time and prepare seven days of healthy meals in one evening—and maintain your ketogenic diet. You'll spend less time cooking and more time enjoying. Easy, creative, tasty meals: Keto Meal Prep includes more than 125 low carb recipes full of flavor. You'll meet your weight loss goals with dishes perfectly calibrated to the ketogenic diet. Each easy-to-follow recipe can be prepped in advance, so when you're tired and hungry, a healthy meal is just minutes away. Mix and match the base recipes and your meal combinations are endless. This keto cookbook has you covered from morning to night with recipes for protein-filled breakfasts, exciting lunches, crave-worthy dinners, tasty snacks, and keto desserts. Here's what else you will find in Keto Meal Prep by FlavCity:

- 50 keto meal prep recipes, each containing 2–3 components
- 25 individual keto-approved recipes
- Detailed macros and carb count for each recipe
- Allergen index for nuts, dairy, and eggs for each recipe, and with Paleo
- Video tutorials that are live on YouTube
- Tips for becoming a meal prep boss
- Actual fan reviews and more!

If you liked the cookbooks *Simply Keto*, *The Easy 5-Ingredient Ketogenic Diet Cookbook*, *The Complete Ketogenic Diet for Beginners*, or *Keto Made Easy*, you'll love *Keto Meal Prep*. Please

note: recipes indicated as being “Whole30 diet compliant” have not been independently evaluated for compliance by Thirty & Co., LLC d/b/a Whole30®

Easy Low Carb 30 Minutes Cookbook Amy Bragg ,2019-10-13 EASY LOW CARB 30 MINUTES COOKBOOK has 200+ DELICIOUS low-carb RECIPES that are FREE OF any PROCESSED FOODS. There are MEATS, FISH, SIDES, SOUPS, STARTERS, VEGETARIAN RECIPES, BREAKFAST DISHES, and even DESSERTS to SATISFY any SWEETS CRAVING you might have. If you are short on time, yet hungry for fast, GOOD-TASTING MEALS using EASY-TO-FIND INGREDIENTS, this is a must-have cookbook! Many RECIPES CALL for just HANDFUL of INGREDIENTS, and ALL are DESIGNED for EFFICIENCY—SO YOU can NOURISH YOURSELF with DELICIOUS FOOD even when you’re SHORT on TIME or ENERGY. EASY LOW CARB 30 MINUTES COOKBOOK offers low carb COMFORT FOODS to PLEASE the ENTIRE FAMILY plus an overview EXPLAINING the FUNDAMENTALS of the LOW-CARB DIET with NUTRITIONAL INFORMATION. The SIMPLE, EASY and FRIENDLY way TO START the LOW-CARB DIET and LIFESTYLE! Don’t wait, START LOSING WEIGHT and GAINING a HEALTHY LIFESTYLE today.

Keto in Five - the Complete Collection Rami Abramov,Vicky Ushakova,2017-12-22 Created by the duo behind the ultra-popular low-carb website, Tasteaholics.com, Keto in Five is a keto diet cookbook unlike any other, featuring 120 delicious low-carb recipes each requiring only 5 common ingredients and containing up to 5 grams of net carbohydrates. Keto in Five is the complete collection of the Keto in Five 4-book series and contains all 120 keto recipes. It truly makes following the keto diet easier than ever

before. What's in this Low Carb Cookbook 120 low-carb recipes all using just 5 ingredients and 5 net carbs or fewer! Beautiful images for each recipe so you'll know exactly what you'll be enjoying. Caloric and macronutrient data - we calculated everything for you so you can track your meals easily. Low-carb and keto diet basics for beginners and seasoned low-carb-ers alike. Helpful recipe notes and lots of tips for progress and meal tracking. Reviews from Top Low-carb Leaders I wish I had these easy low-carb recipe collections back when I was just getting started on the keto diet. It was tough for me to find simple recipes to get through the day. Try low-carb makes it easy. I highly recommend the Breakfast, Lunch, Dinner & Dessert in Five eCookbooks. - Lisa MarcAurele, Founder of LowCarbYum.com If you're into flavorful 5 ingredient recipes that are easy to prepare, this eCookbook series is for you. Vicky and Rami keep the focus on simple, standard ingredients and basic cooking techniques - ensuring that even those with crazy time constraints and rudimentary cooking skills can stay on track. - Kimberly Hardesty, Founder of LowCarbMaven.com With Keto in Five, succeeding in your low-carb diet has never been easier. 30 Breakfasts Recipes Eggs and bacon is great but how many times can you really eat that? With Keto in Five, you get a month's worth of delicious, low carb breakfast recipes. Enjoy fluffy waffles and pancakes, sweet and savory muffins, porridge, omelettes and more every day of the month. 30 Lunch Recipes Lunch is often difficult to make interesting and delicious due to work and time constraints. With Lunch in Five you get 30

delicious recipes perfect for on-the-go or to make at home that will blow you away! Enjoy savory french crepes, creamy chowder, mouthwatering casseroles and much more. 30 Dinner Recipes Dinner is the hardest to prepare and the meal most commonly eaten at home. That's why it's critical to have plenty of delicious, staple recipes you can always rely on. With Dinner in Five, you'll feast on heavenly steaks, gourmet-style seafood, unconventional burgers, mouthwatering sauces, sides and more. 30 Dessert Recipes When you started the keto diet, you probably thought that was the end of dessert. We're here to show you how silly that is! Enjoy chocolate soufflés, strawberry cheesecakes, brownies, coconut cream pies, raspberry Danish cookies and much more every day of the month. Being Low-carb is Easier Than Ever! Up to 5 Net Carbs per Serving You can count the carbs in each recipe on one hand! Go ahead, have seconds, you'll still be within your daily carb limit. 5 Ingredients per Recipe Cutting down the amount of ingredients reduces cost, time, complexity and even the willpower needed to cook. Less is more. Nutritional Information Calculating your daily calories and macros is crucial to hitting your goals sooner. We calculated each recipe so you don't have to. Personal Support Have a general question about the low-carb diet or something specific about one of the keto recipes? Email Vicky and Rami directly any time!

Best of the Best Presents the Complete Low-carb Cookbook George Stella, 2014 Over 60 full-color photos will help you present dishes that look as good as they taste. All 130 recipes are made without any wheat or added sugar, making

them gluten-free, and great for diabetics as well.

The Best Low Carb Sides and Salads Dana Carpender, 2010-03-01 This tasty collection draws on the best 1,001 recipes from Dana Carpender's bestselling books including 500 Low-Carb Recipes, 15-Minute Low-Carb Recipes, 500 More Low-Carb Recipes, 200 Low-Carb Slow Cooker Recipes, The Low-Carb Barbeque Book, and Low-Carb Smoothies. You'll find delicious and varied options including recipes for high-carb foods you thought you had to give up forever such as Cinnamon Raisin Bread and Mocha Chocolate Cheesecake. Staying the low-carb course will be easy with choices from barbecue to slow-cooker to internationally-inspired dishes.

Low Carb Yum 5-ingredient Keto Lisa MarcAurele, 2020 Incredibly easy recipes from Low Carb Yum, one of the all-time most popular low-carb and keto blogs. People across the country are discovering low-carb and keto diets and finally achieving weight-loss success, but one of the biggest challenges can be finding easy-to-prepare low-carb recipes that can fit a busy schedule. Everyone wants to get in and out of the kitchen fast, and this where Low-Carb Yum 5-Ingredient Keto comes to the rescue. The cookbook is filled with delicious recipes to make low-carb, high-fat meals with minimal ingredients and no-fuss preparation. Easy and great-tasting foods are the key to success with a keto diet, and it doesn't get much simpler than recipes with 5 ingredients or less. Low Carb Yum 5-Ingredient Keto features over 120 tasty recipes for breakfast, lunch, dinner, dessert, and beverages. Quick breakfast

recipes to start the day off right Soups and salads that make perfect lunches Effortless appetizers, snacks, and beverages Hearty dinners that don't take all day to prepare Seafood specialties Decadent yet healthy desserts Recipes meeting dairy-free, nut-free, egg-free, paleo, and AIP dietary restrictions Low Carb Yum 5-Ingredient Keto is also the perfect guide for keto and low-carb beginners. Whether you've made the move to a keto diet to lose weight or improve health, there's helpful tips and advice including A rundown of keto basics, with explanations of ketosis, daily macros, and calorie counting Foods to eat and foods to avoid, making shopping and stocking one's pantry even faster and easier Common keto mistakes that can cause weight loss stalls Addressing inflammatory foods which may also be contributing to health issues Sample daily meal plans for those who need some help during their transition to keto Nutritional information for all recipes, including macros

Keto Junk Food Faith Gorsky, Lara Clevenger, 2021-11-09 Think going keto means giving up your favorite snacks? Think again! Now you can have the munchies you crave minus the ingredients you don't. Whether you're looking for something sweet or savory, you'll find exactly what you're looking for in *Keto Junk Food* with 100 delicious and low-carb recipes like: cheesy, pepperoni-filled pizza logs; fresh donuts; savory stuffed pretzels; and more! Whether it's a sweet treat or a savory snack, *Keto Junk Food* lets you indulge in the delicious, junky side of keto-friendly cooking so you never miss out on the foods you love--

30-Minute Ketogenic Cooking Kyndra Holley, 2018-04-10 Kyndra Holley knows that one of the biggest challenges people face when transitioning to and sticking with a whole foods-based ketogenic lifestyle is carving out time to cook day after day—especially on busy weeknights when life is pulling you in a million directions. Preparing healthy low-carb meals from scratch, without relying on prepackaged convenience foods, can leave you feeling like you spent hours in the kitchen, all for a meal that’s just a memory within a few minutes’ time. Being no stranger to the familiar time crunches of modern life, Kyndra tackles the issue head-on in her new cookbook, 30-Minute Ketogenic Cooking. The book features more than 50 of her quickest, most mouthwatering recipes, each of which requires no more than 30 minutes of hands-on cooking time. You’ll be enjoying tasty keto meals in almost no time flat! This book is a game-changer for busy families, overworked singles, and anyone else wishing to adopt and maintain a ketogenic lifestyle without letting food prep, cooking, and cleanup rule their lives. Kyndra has included her favorite fast and flavorful breakfasts, lunches, dinners, and snacks. As in her previous books, every recipe uses only easy-to-source, real-food ingredients and reflects her instantly recognizable flair. In 30-Minute Ketogenic Cooking, she lets you in on her best timesaving tips and tricks so that in half an hour or less, you can have a delicious and nutritious low-carb meal on your plate.

15-Minute Low-Carb Recipes Dana Carpender, 2003 Studies show that low-

carbohydrate dieting works to take weight off and improve cholesterol. As more and more people switch to the Atkins diet or variations of it, they will need recipes! 15-Minute Low-Carb Recipes offers over 200 recipes that can be made in 15 minutes or less. Capitalizing on the runaway success of 500 Low-Carb Recipes, this book offers all-new quick and easy recipes that will be a godsend to low-carbers everywhere.

501 Recipes for a Low-Carb Life Gregg R. Gillespie, Mary B. Johnson, 2003 If you want a balanced approach to maintaining a low-carbohydrate diet, this is it. These delicious low-carb recipes will help you keep your weight down and still enjoy eating well.

I Can't Believe It's Keto! Leili Malakooti, 2021-12-28 Unbelievable Keto Hacks for Your Favorite Foods Keto expert Leili Malakooti, founder of the popular Instagram account Leili_Keto, brings you astonishing low-carb versions of seemingly impossible foods. If you crave fresh buttered breads and gooey cinnamon rolls, this book is for you! With mouthwatering recipes for all of your familiar favorites plus delicious, hearty staples from Leili's Persian heritage, there's something for every palate and occasion, from weeknight dinners with family to special celebrations and everything in between. Best of all, Leili includes innovative techniques that go beyond the typical ingredient swaps for making keto-friendly meals more nutritious and tastier than ever. Skip the ubiquitous fathead doughs and use her tips and tricks to make your best, healthiest breads and crusts yet; whatever you make

will have the same taste you crave without those unwanted carbs. You'll love trying recipes such as: • Hearty Chicken Calzones • Leili's Crispy Fried Chicken • Crazy Glazed Donuts • Cheesy, Crunchy Mozzarella Sticks • Good Morning Blueberry Scones • Chocolate Caramel Cupcakes • Pesto Breadsticks • Churro Cheesecake Bars With special sections on keto bread baking and how to make the most of key ingredients, this comprehensive collection is essential to your keto success. Whether you're familiar with the diet or just looking to reduce your carb intake, you'll be making delicious, indulgent meals that will have everyone saying, "I can't believe it's keto!"

Low Carb Yum Simple Keto Meals for Beginners Lisa Marcaurele, 2022-02-08
125+ keto-friendly recipes, made with simple ingredients, portioned for two, that can easily be made in 30 minutes or less, from the author of Low Carb Yum 5-Ingredient Keto, Lisa MarcAurele. Following a ketogenic diet doesn't have to be complicated with Low Carb Yum Simple Keto Meals for Beginners. This cookbook has more than 125 recipes for all meals of the day--breakfast, lunch, dinner, snacks, and desserts--clearly labeled with macronutrient information, calorie counts, and dietary restrictions, making it easy to find a recipe to suit your needs and tastes. The book even includes a 14-day meal plan for anyone just starting out, and each recipe is portioned for two, to help prevent overindulging. Lisa MarcAurele has been following a keto diet and sharing recipes on her website Low Carb Yum for over a decade, so you can be sure to find experienced tips and tricks on how to best stick to the keto

diet and what exactly you should be eating to keep yourself in a state of ketosis. MarcAurele draws on global cuisines for inspiration, to produce recipes that will not only help you stick to your health goals, but also taste delicious.

Low Carb On The Go Sandra Stupning, Mirco Stupning, 2018-08-10 Trying to cut carbs? Want to enjoy fresh, filling lunches on the go? Plan your low-carb diet and stick to it by creating more than 80 delicious, healthy meals and snacks to eat at work, on the road, or at home. Low-carb eating is a sustainable lifestyle choice for an increasing number of people looking to lose weight, keep their blood sugar stable, or simply avoid the afternoon carb coma. Low Carb on the Go makes fitting a low-carb diet into your busy day as easy as possible with more than 80 modern, vegetable, and protein-packed recipes such as chia seed and turmeric pudding, coconut and vanilla energy balls, and chicken teriyaki with cauliflower rice. Discover tips and tricks for healthy meal prep, and the best way to store and transport your low-carb lunch to keep it tasting fresh. Each recipe contains nutritional information, including the all-important carb count, as well as a handy guide to the prep time and equipment you'll need. With Low Carb on the Go you can plan your low-carb diet and stick to it with delicious, healthy meals and snacks for anytime, anywhere.

Quick Low Carb Cookbook Julia Cruise, 2013-02-01 Tasty recipes that are fast, filling, and low in carbohydrates! If you've ever tried a low carb

cookbook and felt like your taste buds just died, it's not your fault! Most low-carb recipe books are simply remakes of high-carb recipes with the carbs removed. But with these simple, superfast recipes, you can create the foods you crave—including delicious comfort food like pork tacos, meatloaf, and pizza with a crispy cauliflower crust. Every recipe comes with an exact carb count ranging from just 1g to 17g per serving. Best of all, you can make them in fifteen minutes or less—not by limiting ingredients but through better planning and food prep plus extra-quick cooking techniques. Try: Pad Thai with Shrimp * Chicken Fajita Lettuce Wraps * Brown Sugar Baked Salmon * Caprese Meatloaf * Healthy Shepherd's Pie * Eggplant Mini-Pizzas * and more

1,001 Best Low-Carb Recipes Sue Spitler, 2015-12-21 A redesigned and reformatted version of a title now returning to print, 1,001 Best Low-Carb Recipes is an extensive collection of great dishes for the health-conscious home cook looking for more low-carb options. Enlarged and beautifully repackaged, this book features a broader, more useful format that sits flat when open for maximum convenience. A 2014 randomized trial by the National Institutes of Health found that participants on a low-carb diet experienced greater weight loss than those on a low-fat diet. The prevalence of Celiac Disease and gluten-sensitivity has increased our interest in gluten-free recipes, while the popular paleo diet has led us to avoid dishes bloated with carbs. Above all, the recipes in the cookbook prove that a low-carb diet does not have to be bland or boring. Recipes include Caribbean Potato Salad,

Sesame Shrimp Stir-Fry, and some surprises like Black Bottom Pie and Soft Molasses Cookies. The award-winning 1,001 cookbook series – which has sold 750,000 copies across all titles – has earned its popularity through carefully curated and tested recipes, as well as by featuring complete nutritional data. This book is the perfect compendium for those looking for a wide variety of gluten-free and paleo-friendly meals.

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