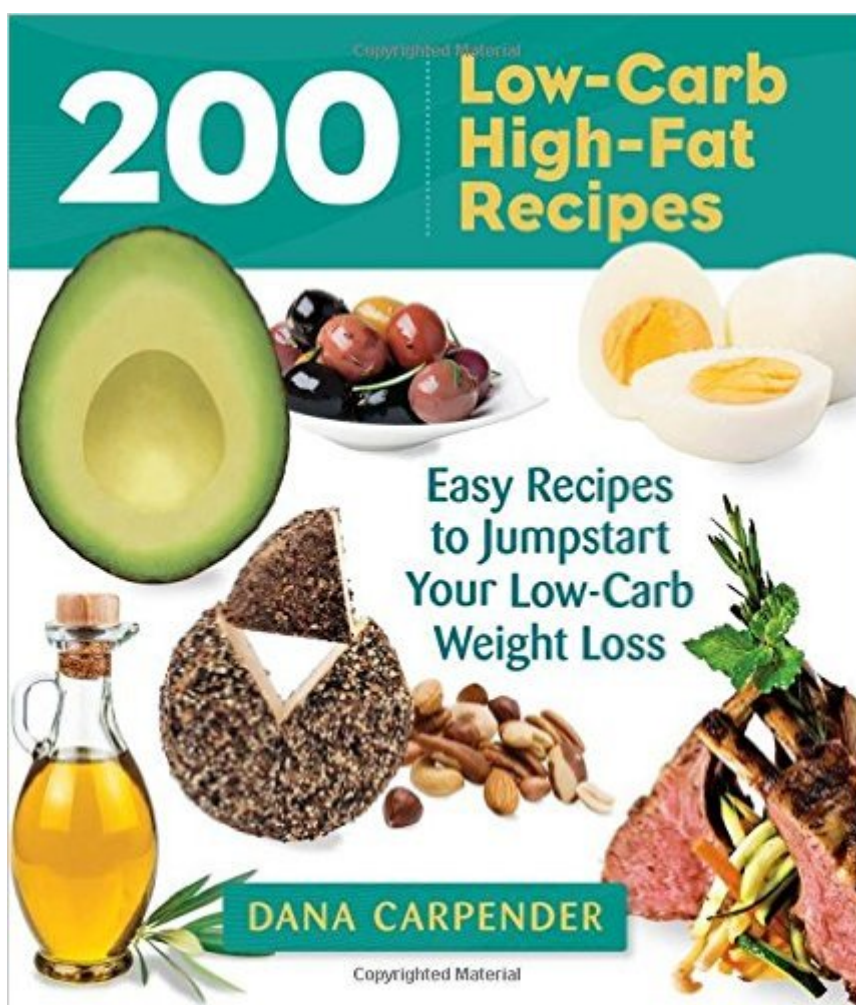


The book was found

200 Low-Carb, High-Fat Recipes



Synopsis

Drop the Pounds Permanently with the Hottest New Diet Craze! You've hit it before - the dreaded weight-loss plateau that you just can't break through. No matter what, the pounds won't go even with calorie counting and traditional low-carb diets. Turns out there is a secret weapon to losing weight - fat (and lots of it). After decades of taking butter, bacon, eggs, and avocados off the table, it turns out that fats are far better for beating the battle of the bulge than "healthy whole grains" and high protein diets. Backed up by science, the LCHF diet is quickly becoming the hottest way to shed pounds and jumpstart a stalled metabolism. Low-carb proponent and bestselling author Dana Carpender will guide you through the LCHF lifestyle and shed light on important questions such as: Is LCHF safe? Why does the traditional low-carb, high-protein diet not work for you? Which Are Good Fats? (Not all fats are created equal!) In 200 Low-Carb, High-Fat Recipes you get tips for creating low-carb/high-fat meals, and find out why three meals a day may not be needed! With 200 recipes, including soups, breakfasts, appetizers, sides and sauces, you'll never be cooked for delicious ideas!

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Customer Reviews

Super recipes, lot of information on products related to low-carb, high-fat ketogenic eating. I refer to this book over and over again. I find Dana Carpender very straight forward and friendly...her recipes are simple and almost always quite good. The lack of pics does not bother me for a single moment. I like that that she has the info (macros) that I need: fat, protein, carb and fiber info per serving. She doesn't spend a lot of time convincing you that you should eat like this...there are other keto books

and sites to check out for that. This is the book you can use to figure out what to cook for you and your family on a daily basis. I ordered 4 different keto related books and this was my first choice for practical cooking, I returned 2 of the other ones...Keto Clarity and Fat Chance....neither of those books had enough info for the day in/day out effort needed to change your cooking patterns. Frankly, Keto Clarity was a big disappointment. It MAY be the definitive guide to understanding Keto eating, I found it boring and repetitive, not getting any new info that I didn't already have from the internet....and definitely not enough recipes or practical info to inspire me. In fact, that book left me with many practical questions. Fat Chance was interesting, but again, not really a practical guide for me. The other "recipe" book and much more practical than the two I returned, is "Low Carb High Fat, No Hunger Diet"....that's a mother and daughter team who share their keto journey, combining it with a strong paleo/organic thrust. (In fact, they call their diet the "KetoHybrid" because of the paleo focus.) Dana Carpender lets you decide whether or not you care about organic/paleo, she just puts the recipes out there. I like that about her.

I have all of Dana Carpenter's cookbooks. I preordered this and couldn't wait until it showed up at the house. Right now this is my go-to cookbook. We had the Creamy Sage and Parmesan Chicken for dinner last night. My (soon to be teen) son had seconds and was full. (Finally!) It was so good! I had the rest of the Cannoli Pudding earlier in the day at work and was in heaven the whole time. Tonight we are having the Chicken and Bell Pepper salad - my husband requested to have it again! I'm seriously in love with this cookbook. With recipes like these I certainly don't feel like I am missing anything, like carbs. The majority of the recipes are gluten free and legume free. There are a few peanut recipes, but I just switch those out for a different type of nut. You may have to substitute items to be gluten free. For example, some coconut aminos for soy sauce, but the recipes always work with the substitutions. (I do not think this was covered in the book. I have been gluten free due to an allergy for 4 years now, so I know the substitutions.) There are some paleo LCHF recipes in here, but not a ton - there is quite a bit of dairy. However, Dana does give you options on how to substitute items for dairy since some people have a boost in insulin when they consume dairy. The beginning of the book covers some of the ingredients that someone who is new to LCHF would need to know for the recipes in her cookbook. So if you're new to eating this way you can pick up this book and use it as a stand alone cookbook. Beyond being super yummy I have been dropping weight fairly quickly and semi-effortlessly using these recipes. It's nice to be able to eat something and feel full for a very long time. The only thing I can complain about this recipe book is that I wish there were more recipes!

Books rank high on my list of favored possessions with cookbooks especially treasured even though I didn't always love to cook. But I love experimenting and creating new delicious dishes for everyday meals and potlucks. As a minor expert with Mexican, Thai, Chinese and "American" cooking I've collected hundreds of cookbooks from over the years. A few have been "duds", a few "only fair" and many downright excellent --- but I have never loved or hated a book enough to bother rating it or writing a review, until I read Diana Carpender's "200 Low-Carb High Fat Recipes". There is nothing not to like about this book. Her recipes are fun to read, cook and eat; her comments after each title are lively, informative and entertaining. Did I mention the recipes are tasty, fresh, delicious and definitely "do-again's"? Like Diania I was addicted to sugar from childhood forward which blossomed early into a 25-year alcohol addiction as a result of years of heavy sugar ingestion. I had sugared my way up to dress size 22. Then a few months shy of celebrating 30 years of alcohol-free sobriety I was diagnosed with "metabolic syndrome X". My doctor, a cardiac rehab nurse and a dietitian all recommended diet and exercise, with emphasis on low fat, high carbohydrate consumption. Like Diania I read nutrition books and determined that for me, high carbohydrates were poison and that more of the same was no "cure". I dumped sugar and flour, starting mild exercise, and the pounds just starting melting away. I am forever grateful for this book and look forward to buying her other 4 low-carb recipe books. If you buy this author's books you will not regret it.

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