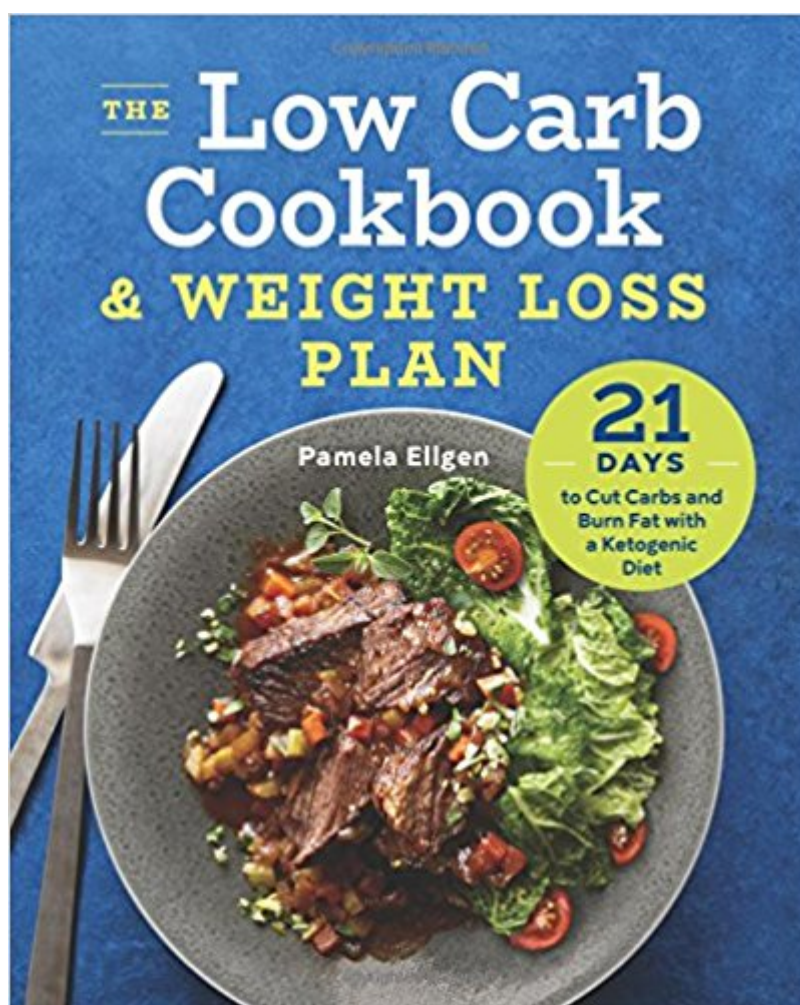


The book was found

The Low Carb Cookbook & Weight Loss Plan: 21 Days To Cut Carbs And Burn Fat With A Ketogenic Diet



Synopsis

When you think about losing weight, a high fat diet may not be the first thing to mind. But in just 21 days The Low Carb Cookbook and Weight Loss Plan will change all of that and more! If you've been cutting back on carbs, there's something you should know. Losing weight isn't as simple as eating less bread and pasta or foregoing dessert. To achieve real, lasting weight loss you need to choose your meals carefully and start burning fat for fuel. And The Low Carb Cookbook and Weight Loss Plan will show you how to do it. The Low Carb Cookbook & Weight Loss Plan is the only low carb cookbook on the market that combines delicious recipes with a detailed meal plan specially designed to help you lose weight. Using the scientifically proven principles of the low carb, high fat ketogenic diet, this low carb cookbook gives you the tools, structure, and confidence to start the ketogenic diet and stick to it. Follow a simple 21-day meal plan to forget the stress of starting a new diet and focus on enjoying your food and feeling great. Enjoy more than 120 simple, low carb recipes that follow the guidelines of the ketogenic diet, including paleo, diabetes-friendly, or low-sodium options. Rely on knowledgeable guidance from nutrition, fitness, and wellness expert Pamela Ellgen, author of Sheet Pan Ketogenic and Cast Iron Paleo. Shedding unwanted pounds has never been so easy. The Low Carb Cookbook & Weight Loss Plan will show you how to get there without sacrificing flavor for results.

Book Information

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Customer Reviews

PAMELA ELLGEN is a food blogger, certified personal trainer, and author of several books on

cooking, nutrition, and fitness, including Sheet Pan Ketogenic, Cast Iron Paleo, The Healthy Slow Cooker Cookbook, and The Gluten-Free Cookbook for Families. Her work has been published in Huffington Post, LIVESTRONG, Darling Magazine, and Spinning.com. Learn more at PamelasModernFamilyTable.com.

I read this book cover to cover- I feel it hits the nail on the head as a "Low Carb Cookbook." It has simple recipes ranging from French, Italian and Asian cuisine. Many of the recipes are 5 main ingredients or less (not incl. herbs and spices). I thought the "Weight Loss Plan" portion was lacking. There are some simple calculations for portions and a 21 day by day meal plan. I was hoping there would be more information on the importance of working out/coping with stress and working out. All in all- still a great book to start with for beginners.

excellent recipes for the carb watcher.

Really like this cookbook. Has some great recipes.

I have been on the Keto diet on and off (but mostly on), for the last year so I admit I just skimmed thru the intro chapters and went straight for the recipes! I was impressed by the number of recipes that were new to me. I really think that is key to staying on this diet as it can get monotonous. I saw several that I will be trying in the next week or so and look forward to adding them to the rotation. Once I got that out of my system I went back to actually check out the meal plans. This was something that I will also refer to as it offers some great combinations. The nutritional value as well as the page number of the recipes are included so that makes it super easy! As someone who owns SEVERAL Keto cookbooks, I highly recommend this book to anyone on the diet. I took advantage of an offer from the publisher to get this book free and with no obligations. This review is given by choice.

I started a ketogenic diet a few weeks before I received this book from the publisher. I am so glad to have it! It explains simply and clearly all the details I had.... and was missing.... This book gives you a way to ease into dropping your carbs with a weekly menu and shopping list! This sure makes it simple!!! I love the recipes, and they add more flavor to my menu! I highly recommend this book for those thinking about this way of eating!

Low carbs, healthy foods ..Everything needed for the waight loss game. Now this book can help point you down the path of what's healthy to eat, when and how to eat. Of course you have to exercise to. With easy recipes, low carbs, and basic understanding of proper wrought loss. You couldn't go wrong with this book!! received this book from the publisher for my unbiased review

The Low-Carb Cookbook And Weight-Loss Plan by Pamela Elgin is a 21-day plan to cut carbs and burn fat with the ketogenic diet. Lately, I have heard a lot of talk about the ketogenic diet. It proposes that by decreasing your carbohydrate intake you will actually burn more fat for fuel rather than glucose. The author contends the ketogenic diet will make you feel full and energized while mobilizing your fat stores to fuel your everyday activity and ultimately help you lose weight. While that sounds awesome, unfortunately, there are a few side effects. These are clearly indicated in the book along with a plan to reduce their effects. One such suggestion is that you transition slowly into a ketogenic diet which allows your body to get used to the change. Chapter 1 clearly outlines your step-by-step plan for weight loss which makes it an excellent reference. Chapter 2 includes all the information you need on stocking a low-carb, high-fat kitchen. Included is

“Refrigerator and Pantry Stocking”, “Go To Foods” and “How To Reduce Carbs And Increase Flavor”. Chapter 3 spells out your 21-day plan. Your three-week meal plan comes complete with page references for the recipes you’ll need. In addition, a complete list of the carbs fat protein etc. is also included in the plan. The introduction for each week includes an explanation of what to expect from the week’s plan and tips on how to approach the week. Finally, the super detailed shopping lists, right down to the number of lemons and limes you will need, are great. Recipe Chapters Smoothies & Breakfast Snacks & Starters Soups & Salads Veggies & Sides Fish & Seafood Chicken Beef, Lamb & Pork Desserts Staples There weren’t a lot of full-color pictures, which was disappointing. I like that the book clearly spells out prep time, cook time, etc. Also included in each recipe is “The Keto Quotient”, the percentage of fat the recipe contains. For the recipe, I chose Bacon-Wrapped Asparagus Bundles because who doesn’t love bacon and the combo of bacon and asparagus is genius. See the review and the recipe at RecipesNow! Reviews and Recipes Magazine. This review is based on a complimentary copy of the book sent to me by the publisher, in exchange for an honest review

This is a VERY nice book. It is visually appealing and features some recipes that are new to me.

That's saying a lot because I actively seek low carb recipes and this book is a godsend, for me. I found some new ideas, new low carb recipes to try. This book will help anyone on a low carb diet, even if eating low carb is new to you. Great book !

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