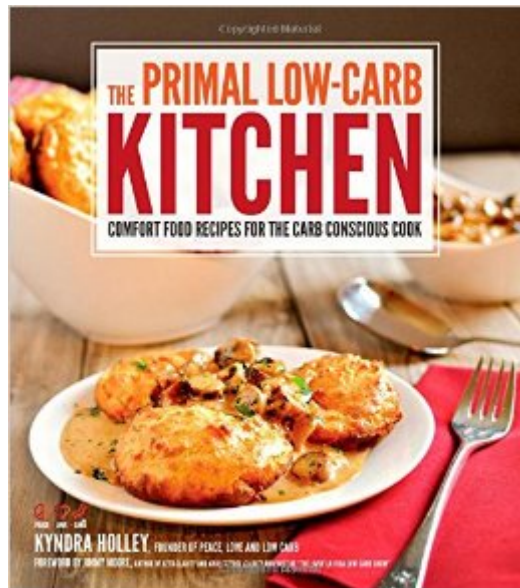


The book was found

# 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

Paperback: 208 pages

Publisher: Page Street Publishing (June 2, 2015)

Language: English

ISBN-10: 1624141196

ISBN-13: 978-1624141195

Product Dimensions: 8.1 x 0.7 x 8.9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (184 customer reviews)

Best Sellers Rank: #9,868 in Books (See Top 100 in Books) #6 inÂ Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #32 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat #37 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

## 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.

[Download to continue reading...](#)

Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low

carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes Low Carb Diet. Slow Cooker Recipes: 25 Delicious Low Carb Dinners To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet: Lose Weight Your Way with 23 Low-Carb Versions Of Your Favorite Comfort Foods: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles BOX SET 2 IN 1: 38 Super Satisfying Low Carb Casseroles That Will Amaze Your Family: (low carbohydrate, high protein, low carbohydrate ... diet for dummies, low carb high fat diet)