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**Peggy Carlson,Elena Chambers,Sheila
Hope,Erica Shaw**

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Keto on a Budget: Affordable Low-Carb Meals Made Easy

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Carpender,2016-04-15 Best selling low carb author Dana Carpender strips away the carbohydrates grains sugars and starches and reveals 200 of her best ultra low carb recipes **15 Minute Low-Carb Recipes** Dana Carpender,2003-11-01

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[The Low-Carb Baking and Dessert Cookbook](#) Ursula Solom,2013-02-21 Scrumptious easy to make breads pastries and confections from a chef who is revolutionizing carb smart cooking and eating Ursula has worked tirelessly to develop scores of recipes for breads biscuits pastries cookies pies cakes candy and confections that are not merely low carb they re delicious to boot Her culinary alchemy gives us all a leg up on the learning curve to make luscious treats that if we use them wisely will make it that much easier to stick to the plan for life From the Foreword by Dr Mary Dan Eades M D coauthor of The Low Carb CookwoRx Cookbook and Staying Power Do you dream of the warm satisfying taste of hearty brown bread or the flaky goodness of hot buttermilk biscuits Do you long for fresh baked muffins the sweet chilled delights of peach ice cream or the yumminess of blueberry pie Now thanks to extraordinary chef Ursula Solom you can once again experience the full rich flavor and satisfaction of these and all your favorite high carb treats without compromising on your commitment to carb conscious eating From Sourdough Bread Cheese Bread Sticks Banana Coconut Muffins and Vanilla Cookies to Devil s Food Cake Butterscotch Cream Pie Peanut Butter Swirl Ice Cream and White Walnut Fudge The Low Carb Baking and Dessert Cookbook is filled with more than 200 all new easy to prepare recipes for savory treats and scrumptious sweets that will satisfy your cravings while helping you slim down shape up and realize all the benefits of carb controlled living including keeping the pounds off Each recipe features step by step instructions and complete nutrition information Your whole family will love these recipes and you ll enjoy eating all the delicious baked goods desserts and confections you thought you had to sacrifice for a healthy lifestyle [American Book Publishing Record](#) ,2006 [Keto Diet Made Easy](#) Lily Price,2021-03-09 55% OFF for Bookstores NOW at 10 79 instead of 23 97 LAST DAYS Your Customers Never Stop to Use this Awesome Cookbook Keto Diet Made Easy for Quick Weight Loss Do you crave quick effortless keto recipes And I know you had tasty dinners with the loved ones and there are a few or more extra pounds on board That s why I focused on creating the one and

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