



300 15-Minute Low-Carb Recipes: Hundreds of Delicious Meals That Let You Live Your Low-Carb Lifestyle and Never Look Back

Dana Carpender

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A wide variety of fast and flavorful recipes at your fingertips!

Eat well, stay fit, and maintain your low-carb diet with these 300 delicious and easy recipes that can be made in 15 minutes or less from start to finish. Simple and speedy cooking methods will lead you to a fabulous finished product every time.

Studies show that low-carbohydrate dieting works to take weight off and improve cholesterol. But *300 15-Minute Low-Carb Recipes* proves that low-carb doesn't mean you have to sacrifice flavor and taste. All of these low-carb recipes by bestselling author Dana Carpender will provide you and your family with delicious, nutritious, and filling meals that will keep you feeling healthy and leave your stomach stuffed.

Recipes include:

- Rosemary-ginger ribs with apricot glaze
- Cranberry burgers
- Chipotle-bacon breakfast burrito
- Chicken chili verde
- Beef and bacon "rice" with pine nuts
- Aladdin salad
- Strawberry ice cream
- Mexican chocolate smoothie
- And many more

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From reader reviews:

Richard Hood:

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