



Meals for Two: Low Carb Recipe Magic (Volume 1)

Rene Averett

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Living a low carb life style doesn't mean your meals have to be boring with the same old salad day after day. This cookbook is filled with recipes I used while I was losing weight and continue to use to maintain the loss. It offers over a dozen recipes in each chapter for appetizers, breakfast, brunch, side dishes, breads, desserts and over two dozen dinner options. The book includes photos of all the foods and nutrition information on each dish. All recipes are written for two to four people in mind, so you don't have four days worth of food to eat day after day or store in the 'fridge or freezer. But they are easily doubled to feed more people. Enjoy great dinners with pork and butternut squash, salmon and bacon, chicken with chopped crookneck squash and other creative ways to have favorite meals cooked without high starch items, such as potatoes, pasta and rice. While some of the bread recipes require low carb flours, most can be made with nut flours that you can purchase at your grocery store. Any recipes that require sugar can use the sugar substitute of your choice.

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