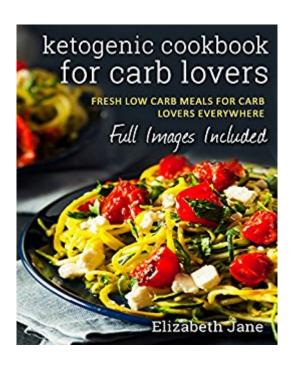
The book was found

Keto: Carb Lovers Keto Cookbook (Paleo & Gluten Free): Pizza, Breads, Pies & Much More





Synopsis

If you miss your favorite carbohydrate dishes on a low carb diet, then this book is for you. Continue to burn fat whilst eating your favorite sandwiches, traditional lasagna and keto pizza. 50 recipes using fresh ingredients (not processed low carb alternatives) including: bread (sweet & savory), 'potatoes', 'rice', pizza, quiches, pies (sweet & savory) and more.Bread Recipes Include: Easy Blender Sandwich Bread 5 Minute Naan Bread Cranberry Pumpkin Seed BreadPizzas Include:Spinach & Mozzarella Pizza Grain-Free Flat Breads Turkey & Cheese Pizza RollsDesserts & Snacks Include: NY Style Cheesecake Chipotle Lime Kale Chips Easy Chocolate Mug CakeNoodles & Pasta Include:Garlic Spaghetti Shrimp with Parmesan Spicy Lasagna Stuffed Spaghetti SquashPies Include:Shepherd's Pie Beef Pot Pie Dark Chocolate Tart

Book Information

File Size: 4645 KB

Print Length: 178 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 2, 2016

Sold by: A Digital Services LLC

Language: English

ASIN: B01KZS6XGG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #15,857 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Gluten Free #12 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Carb #13 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Paleo

Customer Reviews

I am going to try reviewing this cookbook from different angles, so bear with me as I consider first, the writing; second, the organization and layout; third, the peceived taste quality; fourth, the bonus featuress. First, the writing and editing issues: The author writes in a clear, no nonsense style. The reading is easy to read and understand. I also appreciated her comments regarding her reasoning

regarding her own health. If the only evaluation were the writing and editing, I would rate this at five stars. Second, the recipe organization and layout of the recipes. In this aspect, the book falls short. The recipe ingredient organization would be enhanced if the item with the greatest quantity were listed at the top, to avoid mistakes by the cook/baker. View the attached photos if you don't underson. Further, the free PDF formats she gives readers for free, clealy list the ingredients, but her Kindle version does not. If this were the only guage, I would rate this at three stars. Third point: perceived taste quality: Almond flour does not appeal to me, but it may be just the ticket for others. However, it appears this cook has a rather bland desire, because she doesn't seem to understand the value of spices in her meals. As an example, I love using a little white pepper and crushed herbs and spices. The taste quality tells me that these recipes seem good for for only those people who have no dsire to enjoy the taste of what they eat. Two stars. Lastly, I think the nutrition statements and accompanying photographs are terrific. Five stars out of five. If you enjoy the typical UK- of cooking and baking, you'll love each of these recipes.

Download to continue reading...

Keto: Carb Lovers Keto Cookbook (Paleo & Gluten Free): Pizza, Breads, Pies & Much More Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Favorite Pastries Box Set (5 in 1): Best Pizza, Crepe, Homemade Pies and Breads Recipes for You to Try (Homemade Pies & Quick Breads) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free. lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Grain Free Paleo Breads: Suitable for Paleo, Gluten Free, SCD and GAPS (Grain Free Paleo Cooking) Book 1) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) PIE: The 450 Best Homemade Pie Recipes (pie cookbook, savory pie recipes, low carb, vegetarian, vegan, paleo, gluten free, fruit

pies, quiche recipes, tarts, pies, pastry, puff pastry recipes) 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) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrade, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) 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) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) Low Carb High Fat Cookbook: Bacon, Butter & Coconut Oil-101 Healthy & Delicious Low Carb, High Fat Recipes Perfect For the Paleo Diet, Atkins Diet, Low ... Paleo Cookbook, Gluten Free Cookbook) Ketosis: Keto: Ketogenic Diet: Ketogenic Ice Creams: Lose Fat Quickly with Top 50 Keto Ice Cream Recipes (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss Book 1) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating)

<u>Dmca</u>