



The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook

By Kyndra Holley

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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.

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Editorial Review

Review

“Kyndra absolutely knocks it out of the park with *The Primal Low Carb Kitchen!* Not only does she provide the information every low-carber needs to do things healthfully and effectively, but she shares recipes that would thrill anyone, not just the low-carb eater. There's something for anyone and everyone in this book. Well done!” ?*LIZ WOLFE, NTP, author of Eat The Yolks*

“Kyndra Holley has created a fantastic resource for those that follow a low carb diet with her wonderful book *The Primal Low Carb Kitchen!*” ?*ELANA AMSTERDAM, New York Times bestselling author of Paleo Cooking from Elana's Pantry*

“Kyndra's new cookbook puts the "comfort" back in comfort food and is perfect for anyone who follows a low carb, Primal lifestyle. She uses real-food ingredients, put together in an easy to follow manner, in order to create delectable recipes that will surely be put into regular rotation in your home.” ?*CAITLIN WEEKS, NC, author of Mediterranean Paleo Cooking and creator of Grass Fed Girl*

“If you fear you will never get through your next tough work project, in-law visit, or exam, without breaking down and eating a whole box of Kraft mac-and-cheese, followed by a pint of Haagen-Dazs, this is for you. The hardest thing will be choosing which recipe to make first.” ?*DANA CARPENDER, author of 500 Low-Carb Recipes and 1,001 Low-Carb Recipes*

About the Author

KYNDRA HOLLEY is the author of *Peace, Love and Low Carb-The Cookbook* and founder of the blog *Peace, Love and Low Carb*. She lives in Auburn, Washington.

Users Review

From reader reviews:

Sharon Gaines:

Nowadays reading books become more and more than want or need but also work as a life style. This reading addiction give you lot of advantages. Advantages you got of course the knowledge even the information inside the book this improve your knowledge and information. The info you get based on what kind of reserve you read, if you want attract knowledge just go with education and learning books but if you want feel happy read one together with theme for entertaining for example comic or novel. The actual The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook is kind of e-book which is giving the reader capricious experience.

Bethany Hall:

The publication untitled The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook

is the guide that recommended to you to study. You can see the quality of the book content that will be shown to a person. The language that creator use to explained their way of doing something is easily to understand. The author was did a lot of investigation when write the book, so the information that they share for your requirements is absolutely accurate. You also will get the e-book of The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook from the publisher to make you a lot more enjoy free time.

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