



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

By Kyndra Holley

Download now

Read Online ➔

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

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.

 [Download The Primal Low-Carb Kitchen: Comfort Food Recipes ...pdf](#)

 [Read Online The Primal Low-Carb Kitchen: Comfort Food Recipe ...pdf](#)

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

By Kyndra Holley

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

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.

The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook By Kyndra Holley Bibliography

- Sales Rank: #42726 in Books
- Brand: Page Street Publishing
- Published on: 2015-06-02
- Released on: 2015-06-02
- Original language: English
- Number of items: 1
- Dimensions: 9.04" h x .56" w x 8.07" l, 1.00 pounds
- Binding: Paperback
- 208 pages

 [Download The Primal Low-Carb Kitchen: Comfort Food Recipes ...pdf](#)

 [Read Online The Primal Low-Carb Kitchen: Comfort Food Recipe ...pdf](#)

Download and Read Free Online The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook By Kyndra Holley

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.

Lisa Knight:

You can get this The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook by visit the bookstore or Mall. Simply viewing or reviewing it can to be your solve challenge if you get difficulties for ones knowledge. Kinds of this e-book are various. Not only by written or printed but can you enjoy this book by simply e-book. In the modern era similar to now, you just looking by your local mobile phone and searching what your problem. Right now, choose your current ways to get more information about your e-book. It is most important to arrange yourself to make your knowledge are still up-date. Let's try to choose suitable ways for you.

Michael Roberts:

A lot of e-book has printed but it is different. You can get it by online on social media. You can choose the top book for you, science, comedian, novel, or whatever through searching from it. It is identified as of book The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook. You'll be able to your knowledge by it. Without making the printed book, it can add your knowledge and make anyone happier to read. It is most important that, you must aware about e-book. It can bring you from one destination to other place.

**Download and Read Online The Primal Low-Carb Kitchen:
Comfort Food Recipes for the Carb Conscious Cook By Kyndra
Holley #NRBQ8A3XDJC**

Read The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook By Kyndra Holley for online ebook

The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook By Kyndra Holley Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook By Kyndra Holley books to read online.

Online The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook By Kyndra Holley ebook PDF download

The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook By Kyndra Holley Doc

The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook By Kyndra Holley Mobipocket

The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook By Kyndra Holley EPub

NRBQ8A3XDJC: The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook By Kyndra Holley