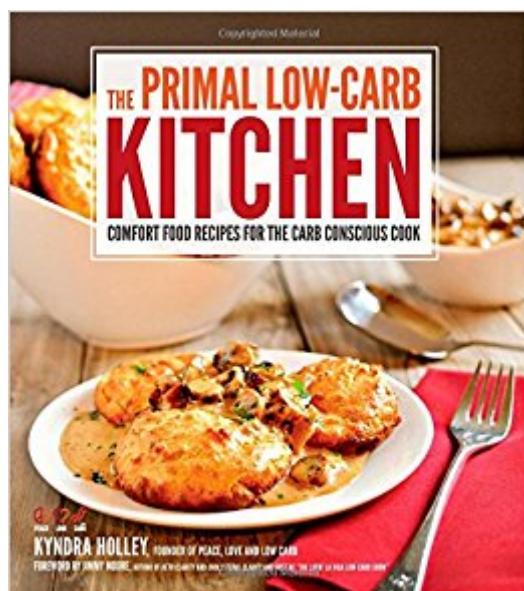


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# The Primal Low-Carb Kitchen: Comfort Food Recipes For The Carb Conscious Cook



## Synopsis

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.

## Book Information

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## Customer Reviews

âœKyndra 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!â •LIZ WOLFE, NTP, author of Eat The YolksâœKyndra 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

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.

I find her recipes interesting and inventive, however, many of the recipes are really higher carb than I would like when I'm on a strict low carb diet. They are not for those first 2 weeks for when you are trying to get into ketosis. But I bought a slow cooker and plan to try out the clam chowder tomorrow. Because Yeah! I can now have 30-40 carbs a day. LOL

First of all, aesthetically, this is just a beautiful book. Every single photograph is drool-worthy. I love the layout...each recipe gets its own page and it's own full page gorgeous photo. As you look through the recipes you can tell that Kyndra Holley is an amazing "homestyle" chef. Everything in this book seems like comfort food. I was flagging recipes but eventually just removed all the flags and realize that I want to make everything I see. I happen to have some zucchini in my fridge, so I'm definitely making Almond Parmesan Zucchini Fries tonight! I just want to make the entire appetizer section tonight actually. I am especially excited to see the seasoning blend recipes and all of the dressings and sauce recipes. It is so hard to find these items in the store without sugar or grains. OMG...just got to the "Breakfast" chapter. I die.

Kyndra makes eating "low carb" easy. Nothing in this book is hard to make, no outlandish ingredients, just normal stuff. I am following her for some time now and have never been disappointed in any of her recipes. Thank you so much for a wonderful cook book.

This is one of my favorite cookbooks. You just have to make her BBQ sauce, that's all I ever make now as far as BBQ sauce. I've never made a recipe out of here that I have not liked. So good that I had to have the digital as well so that when I went to stay with family I'd have my cookbook to make something for family

One of my favorite cookbooks. Excellent photography and the recipes are truly inspired, tasty and easy to prepare. We are on a path to prepare virtually everything in the book. And so far have been extremely pleased with the way that Kyndra puts together spices and flavors with the touch of a master chef. The recipes are low carb but have all the taste of many of our favorite comfort foods. Strongly recommended!

I don't normally write reviews, but felt I had to for this book. I have made several of Kyndra's recipes and have not found one my family and I didn't absolutely love! The recipes are easy to follow and don't take much time at all. Love, love, love this book!

Love, love, love it. There are some great recipes in this book and I've already done a few and haven't been disappointed. It looks pretty, isn't too heavy and has a great variety. I do a lot of internet searches for food, but I really enjoy having a cookbook. This is my new favorite. The only negative I would give is that if you're on extreme low carb, this might not be the right book. The average I've seen on recipes is about 9 carbs a serving. I like to keep mine at about 5 carbs normally, but I modify some of the things to keep the carb count down and it's been great.

The format of this cookbook is awesome and I LOVE that there is a picture of every single dish in the book. How many times have you read a recipe and thought "I'm not sure if that would be good" but if you see a picture you usually are attracted by that first. I can't wait to try more of the recipes but the first one I made was the Supreme Pizza Stuffed Peppers. I adapted the recipe because I cannot eat tomatoes but it was just as delicious! My whole family loved it!

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