



Easy Low Carb Meals: Go Low Carb with Superfoods or the Paleo Life

Cheryl Boykin, Jenni Dilworth

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Easy Low Carb Meals: Go Low Carb with Superfoods or the Paleo Life This Easy Low Carb Meals book features two diet plans, the Paleolithic Cookbook, and the Superfoods Diet. You will find easy meal ideas using high protein low carb foods. The Paleolithic diet offers the best low carb recipes while you can also find ideas for low carb meals in the Superfoods section as well. The low carb menu offers healthy low carb recipes that make for preparing easy meals with low carb food ideas. The healthy low carb recipes within can help you come up with several weeks of easy menu ideas without repeating the same meals. The first section is about the Paleolithic Cookbook. The categories include: What is Paleo?, Why Go The Paleolithic Route?, Benefits of the Paleo Lifestyle, Paleo Food Types, Paleo Confusion, Paleo Food List, Sample Daily Meal Plan for Beginners, Eating Paleo in the Day to Day Life, Breakfast, Lunch Recipes, Dinner Recipes, Sides, Soups and Salads, Meats, Poultry, and Snacks. A sampling of the recipes include: Pistachio Salsa, Bombay Chicken Skewers, Crunchy Sweet Potato Chips with Meatballs, Broccoli and Pine Nut Soup, Chicken Curry with Pumpkin, Dory Fillet with Beetroot Salad, Mushroom and Pine Nuts Scrambled Eggs, Salmon and Zucchini Fritters, and Lemon Pancakes. The second section is the Superfoods Diet, which includes these categories: Dinner and Lunch Entrees, Breakfast, Side Dishes, Salads, Appetizers and Other Recipes, and Desserts. A sampling of the recipes include: Baked Brie with Raspberries and Cranberries, Endive, Walnut and Chevre Appetizers, Dutch Style Roasted Vegetables, Omelet with Turnip Greens, Roasted Salmon with Red Grapefruit Glaze, Kale with Green Beans and Romano, Lemon Yogurt Cornbread, Spinach Salad and Feta Cheese and Pomegranate, Spicy Roasted Sweet Potatoes, Berry Soup, Kale with Green Beans and Romano, Grilled Chicken and Broccoli Salad, Clams with Beans and Ditalini, and Gazpacho.

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