



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:

Robert Marques:

Why don't make it to become your habit? Right now, try to prepare your time to do the important behave, like looking for your favorite reserve and reading a e-book. Beside you can solve your trouble; you can add your knowledge by the guide entitled *The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook*. Try to make the book *The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook* as your buddy. It means that it can to be your friend when you experience alone and beside that of course make you smarter than ever before. Yeah, it is very fortunated to suit your needs. The book makes you far more confidence because you can know every little thing by the book. So , we need to make new experience as well as knowledge with this book.

Sylvia Harrington:

In this 21st hundred years, people become competitive in each way. By being competitive today, people have do something to make these people survives, being in the middle of the particular crowded place and notice by means of surrounding. One thing that often many people have underestimated this for a while is reading. That's why, by reading a reserve your ability to survive boost then having chance to endure than other is high. For yourself who want to start reading a book, we give you this particular The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook book as beginner and daily reading book. Why, because this book is greater than just a book.

Lee Parkin:

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Pearl Moore:

Is it you who having spare time and then spend it whole day by means of watching television programs or just laying on the bed? Do you need something totally new? This The Primal Low-Carb Kitchen: Comfort Food Recipes for the Carb Conscious Cook can be the respond to, oh how comes? The new book you know. You are consequently out of date, spending your time by reading in this new era is common not a nerd activity. So what these books have than the others?

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