



## Low-Carb Cravings Cookbook: Your Favorite Foods Made Low-Carb

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# Low-Carb Cravings Cookbook: Your Favorite Foods Made Low-Carb

## Low-Carb Cravings Cookbook: Your Favorite Foods Made Low-Carb You Can Have Your Fried Chicken and Eat It, Too

The benefits of eating a low-carb diet are countless, but who can remember a single one in the throes of an all-consuming craving? Cravings for baked, fried, starchy, and sweet foods are intensely powerful. At last, you no longer need to be a superhuman to succeed on a low-carb diet.

This cookbook was created for your weakest moments to give you the full flavors of your craving without the carbs. In *The Low-Carb Cravings Cookbook*, you'll find:

- Tips for smart pantry stocking so that you have the low-carb staples you need when a craving hits
- Creative ingredient substitutions that give the tastes and textures of your craving
- 105 recipes, including fried chicken, onion rings, hash browns, pizza, lasagna, cookies, muffins, ice cream, and many more of your favorite high-carb foods
- Nutritional information on every recipe providing total carb, fiber, and net carb counts

Here's to treating but not cheating!



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