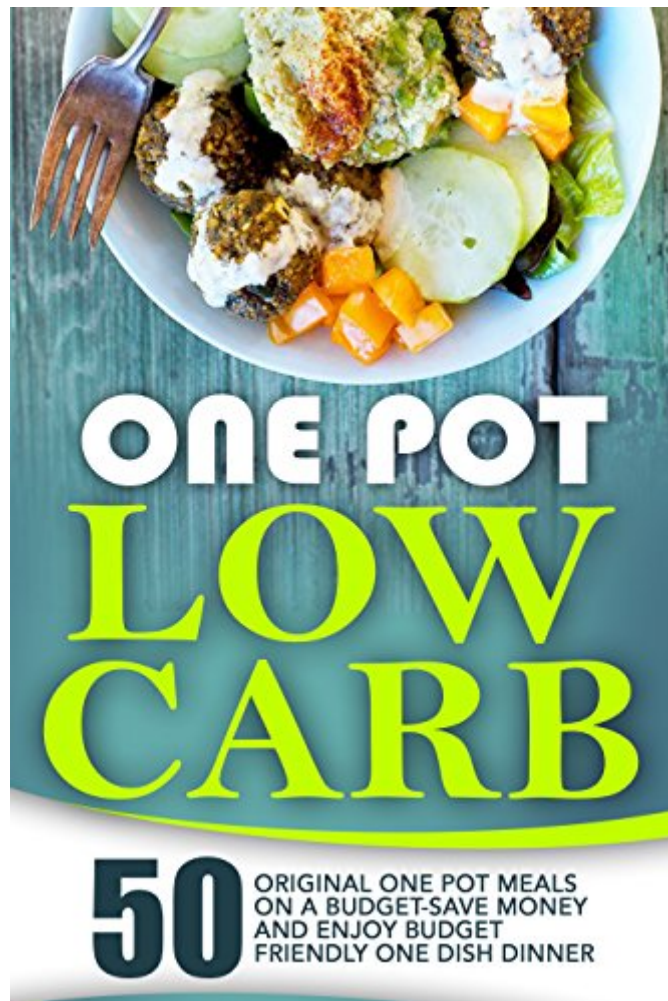


The book was found

One Pot Low Carb: 50 Original One Pot Meals On A Budget-Save Money And Enjoy Budget Friendly One Dish Dinner



Synopsis

50 Original One Pot Meals On A Budget-Save Money And Enjoy Budget Friendly One Dish Dinner
Whichever delicious recipe you choose, you can expect the clean up to fly by in a flash. Now that's a weeknight win!
It's hard enough to put together a home-cooked meal at the end of a long day, so cleaning up the multiple pots and pans after dinner can make an exhausted parent want to weep. But what if you could cook a balanced, nutritious meal for your family in one pot or pan? These yummy one-dish recipes are super easy to prepare and even easier to clean up. Made with low carb menu in mind, our meal-in-a-bowl recipes are nutritious and tasty, perfect for dinner tonight. These recipes are designed to add more fresh products into your diet, which means that cheap processed food items and condiments are out of the equation, (or at the very least, used as sparingly as possible.) In the interest of good weight management, these delicious recipes are also low in sodium, low in sweeteners, and low in fat. Also included within are footnotes that contain: cooking tips on how to organically extend dishes without spending a lot of money, and shopping tips on how to buy good quality meat and other fresh or dried products. Here Is A Preview Of What You'll Learn...
Basic Beef Stock, Low-Sodium, Low GI
Black Bean and Vegetable Soup, Vegan
Fish Broth, Basic, Lemongrass Infused, Low-Sodium, Gluten-Free
Spicy, Ginger Based Vegetable Noodle Soup, Vegan
Basic Dark-Colored Rice Congee, Vegan
Chicken Congee: Jook, Slow Cooker Recipe
Jackfruit and Corn Rice Porridge, Slow Cooker Recipe
Beef Chili, Spiced Like Mad
Cheesy, Creamy Chicken Carbonara
White Beans and Greens on Whole Wheat Pasta, Vegan
Pork Leg Stew with Corn and Plantains, Slow Cooker Recipe
Tricked Out Congee with Quail Eggs, Green Peas, and Shrimps
Much, much more!
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Book Information

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Customer Reviews

Lilian McDonough has done a wonderful job by collecting these 50 easy to follow recipes at one place. All these recipes are low carb and healthier. The cooking instruction mentioned in this book are easy to follow and the ingredients required to cook these recipes are inexpensive, easily available and also contain high amounts of organic nutrients. Useful read |

This book by Lilian McDonough contains 50 easy-to-follow dinner recipes that meet all the specifications for low carb. This book is an absolute solution for losing weight! I have read so many books on weight loss and healthy diet but this one is quite unique and different because the author proved that you don't have to spend too much on expensive healthy diet recipes, but you only have to be knowledgeable on the ingredients and the nutrients you need for you to create a low carb diet without worrying to get fat and gain weight.

I really love the idea of one pot cooking because it really saves time and energy specially for working moms like me. This book provides recipes using this cooking method but adopts the low carb diet. I find it very suitable for me and my family since we have history of diabetes and I want to prevent it as early as now. The recipes provided in here are simple and easy to do yet seems to be delicious. I think I won't have a hard time following the procedures provided in here because it was laid in simple manner. I am really excited to try the recipes here this weekend.

I encountered this, despite everything i'm getting a charge out of this astounding book. I truly preferred the data on low carb eating toward the start of this book. This book gives you a flexibility to eat a considerable measure of delectable nourishments without fearing putting on weight. I cherish it, and would prescribe it to Beginners who need to Rapid Weight Loss.

Excellent book with easy to make recipes!! I was very surprised at how simple it was to cook these delicious meals! I also love that they are tailored for a low carb diet. An ideal book for those who loves to cook using a slow cooker and are looking for fresh new recipes or creative meal ideas.

This book gives me desire to cook again as Lillian McDonough showed me how easy and inexpensive cooking can be! I particularly appreciate the cooking tips given by the author, which are clear and make doing mistakes hard - even for me! Thank you Lillian for this great book! Highly recommended.

Low carb recipes are good for health and also very useful diet to control weight. I am so so happy with this cookbook! This book provides a well planned recipes to help one start with the low carb diet. The recipes are easy to follow, the ingredients are easy to obtain. On this book you can find 50 Original One Pot Meals On A Budget-Save Money which are amazing.

I am a fan of food, I just really love eating and cooking. But since I moved out from my parents house, it has been very difficult, and the adjustments are just really hard. One of the things I miss is cooking anything I want and eating anything since my parents are the one who buy the ingredients but now that I have a limited budget I seldom cook meals that I want. But with these books, some of my favorites are included but I was amazed that it has lesser cost. This book will indeed have a place in my kitchen. Thanks for this.

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