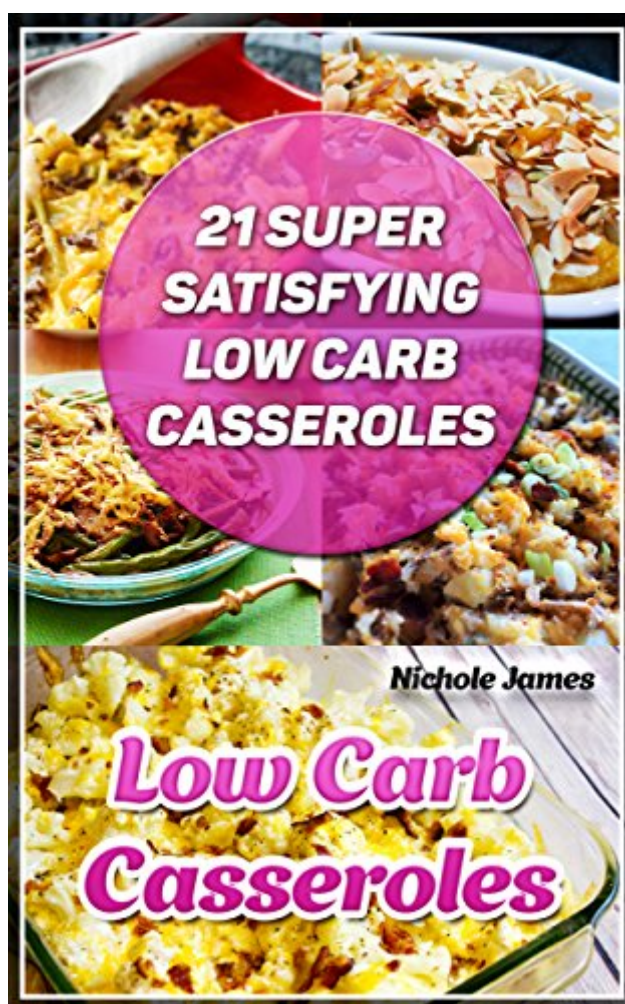


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Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low Carbohydrate, High Protein, Low Carbohydrate Foods, Low Carb, Low Carb Cookbook, Low ... Ketogenic Diet To Overcome Belly Fat)





Synopsis

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Customer Reviews

This book has 365 recipes so that you will not have to wrack your brain to come up ideas for dinner.

With so many options, you are bound to find casserole recipes that will appease even the pickiest eater. You might even find a few new options to try out on your family and friends, instead of serving them the same old recipe time after time. Whether you are using leafy vegetables, tender meats, or some starches to balance out the meal, you will find a casserole to fit each person and every event that you find yourself cooking for.

Low Carb Casseroles by Nichole James is the book that you might want to be your diet buddy. I have been in a low carb diet and when you say low carbs means you have to consume little amount of carbs on your diet if you wanted to lose weight. This book which contain 21 super satisfying low carb casseroles is a good start for all beginners and a good additional to the menu plan for those who are in this kind of diet like me.

One of the staples of a warm home-cooked meal for years has been the classic casserole. Each family has their own variation of what a casserole should look like, taste like, and which ingredients to keep in this truly timeless recipe. Casseroles are extremely popular when serving a large amount of people for dinner; they are hearty, usually require very little cleanup, and can make for some great leftovers the next day. The recipes are easy to follow and even give the total time it takes from start to finish. It also gives you the number of servings in each recipe. I really like this book and I plan on using this book to the fullest. I am so glad that I purchased this book. I can't wait to try all the recipes.

I was really looking forward to this book as I switched to low carb. However, upon reading it, I found it also goes for a low fat slant that isn't mentioned ANYWHERE on the cover or description. 1 star and doesn't even really deserve that. Find a different low carb casserole book if you can.

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