



Low Carb Meals: Low Carb Meals and Paleo Foods

Julia Barnes, Scott Tina

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Low Carb Meals Low Carb Meals and Paleo Foods The Low Carb Meals book features two similar diet plans, the Low Carb Diet and the Paleo Diet. Both diets feature recipes that are naturally low in carbohydrates and higher in proteins. Going on a low carb diet plan with either diet helps to lose weight. It also helps to lower blood pressure, lower cholesterol, and helps to stabilize blood glucose levels. The main goal of anyone going on a diet should be to become healthier first. A low carb meal plan has all the foods necessary to be eating healthier and helping to build and maintain a healthy lifestyle. The first section of the Low Carb Meals book features the Low Carb Diet. The categories in this section include: Low Carb Diet, Rise and Shine with a Fortified Breakfast, Lunchtime Recipes for Afternoon Energy, Great Dinner Surprises, Unique Side Dishes, Fulfillment with Drinks, Make Ahead Snacks, Let's Have a Picnic, Exciting Desserts, Wise Wok Cooking, List of Low Carb Foods, and Tips for Prepping. A sampling of the included recipes is Shrimp Egg Rolls, Chocolate Sponge Cake with Strawberries, Oriental Cabbage Salad, Sweet Popcorn Extravaganza, Pina Colada Smoothie, Fake Mashed Potatoes, and Mushroom Laced Meatballs. The second section of the book is the Paleo Diet Cookbook featuring these categories: Entrees, Side Dishes, Soups and Snacks, Breakfast, and Desserts. A sampling of the included recipes are Pineapple Coconut Frozen Custard, Irish Soda Bread, Kale with Pine Nuts, Baked Salmon with Pecans and Rosemary, Roasted Turkey with Balsamic Glaze and Apples, Chicken Soup with Sweet Potatoes and Swiss Chard, Banana Walnut Muffins, Chocolate Avocado Mousse, Eggs with Kale, Tomato and Zucchini with Curry Sauce, Gluten Free Chicken Piccata, Chipotle Lime Salmon, Hot Dogs, Paleo Style, Salmon with Red Pepper Sauce and Mushrooms, and Pork Roast with Dijon Glaze.

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