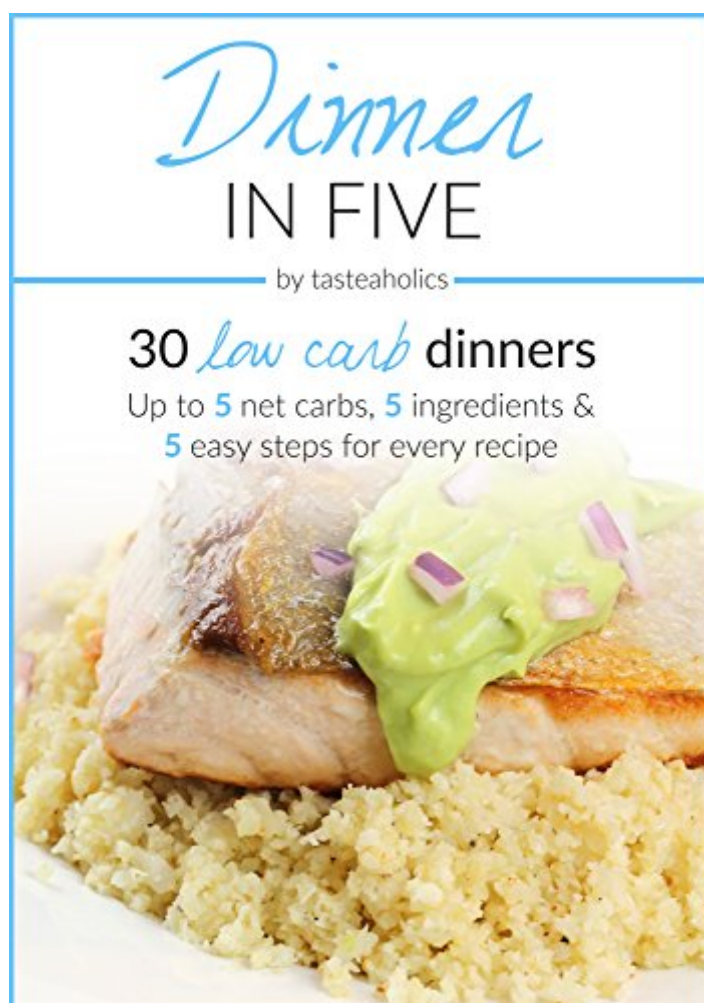


The book was found

Keto Diet - Dinner In Five: 30 Low Carb Dinners. Up To 5 Net Carbs & 5 Ingredients Each!



Synopsis

Created by the duo behind the ultra-popular low carb website, Tasteaholics.com, Dinner in Five is a cookbook unlike any other, featuring 30 delicious dinner recipes each requiring only 5 common ingredients and containing up to 5 grams of net carbohydrates. What's in this Cookbook? 30 low carb dinner recipes all using just 5 ingredients and 5 net carbs or fewer! Beautiful images for each dinner so you'll know exactly what you'll be enjoying. Caloric and macronutrient data – we calculated everything for you so you can track your meals easily. Low carb and keto diet basics for beginners and seasoned low carb-ers alike. Helpful recipe notes and lots of tips for progress and meal tracking. Reviews from Top Low Carb Leaders – I wish I had these easy low carb recipe collections back when I was just getting started on the keto diet. It was tough for me to find simple recipes to get through the day. Try Low Carb makes it easy. I highly recommend the Breakfast, Lunch and Dinner in Five eCookbooks. – Lisa MarcAurele, Founder of LowCarbYum.com If you're into flavorful 5 ingredient recipes that are easy to prepare, this eCookbook series is for you. Vicky and Rami keep the focus on simple, standard ingredients and basic cooking techniques – ensuring that even those with crazy time constraints and rudimentary cooking skills can stay on track. – Kimberly Hardesty, Founder of LowCarbMaven.com The Keto In Five cookbooks are all about minimalism. The concept is brilliant: every single recipe has five ingredients or less and five net carbs or less! If you are struggling to brainstorm low carb ideas and want something easy, this was tailor made for you. If you are on the keto diet or just trying to cut back on carbs, you will get a lot of value out of this cookbook. – Tasha Metcalf, Founder of Ketogasm.com With Dinner in Five, succeeding in your low carb diet has never been easier. Why 30 Dinners? Dinner is the hardest to prepare and the meal most commonly eaten at home. Most low carb dinner recipes will keep you in the kitchen not only preparing the meal but scrambling to find all the necessary ingredients too! Simple and Delicious Dinner in Five is a month's worth of simple, delicious, low carb and high fat (ketogenic) dinner recipes that are each made with just 5 common ingredients and are up to 5 grams of net carbs! There's simply nothing better than that. Low Carb Made Easy Enjoy unconventional burgers, heavenly steaks, gourmet-style seafood, mouthwatering sauces, sides and much more every day of the month. Living a low carb lifestyle has never been more enjoyable and sustainable! Being Low Carb is Easier Than Ever! Up to 5 Net Carbs per Serving You can count the carbs in each dinner on one hand! Go ahead, have seconds, you'll still be within your daily carb limit. 5 Ingredients per Recipe Cutting down the amount of ingredients reduces cost, time, complexity and even the willpower needed to cook. Less is more. Nutritional Information Calculating your daily calories and macros is crucial to hitting your goals sooner. We calculated each recipe so you

donâ™t have to. Personal Support Have a general question about the low carb diet or something specific about one of the keto dinners? Email Vicky and Rami directly any time!

Book Information

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Customer Reviews

I've had Dinner in Five for about a week now and tried 5 recipes. All delicious and all quite simple. With most other cookbooks I've tried, I usually don't ever really make any of the recipes because there are just too many ingredients and complex steps involved. Great value here. The other Lunch and Breakfast books are great too. I've tried a bunch of the recipes and really enjoyed them.

Not everyone is great at figuring out how much of this or how much of that you need to be full and still lose weight, these recipes will be a great help.

I've made a few of the dinner recipes in this book already and I've gotta say, they're great! The flavor is always on point and it's not just meat and cheese, the ingredients also include veggie sides and how to best prep them. They always taste amazing and with only a few ingredients. All 3 books are amazing!

Good recipies

Great cookbook! The recipes are exactly as promised.

I made 1 serving from a few and they're all good so far

Dinner is always the most boring for us and this book got us trying new meals but also had versions of our old favorites like chicken parm.

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