

Stephanie Pedersen

KETO LUNCHES

Grab-and-go, recipes
for anyone who wants
high-power, low-carb
midday meals



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Keto Lunches: Grab-and-Go, Make-Ahead Recipes for High-Power, Low-Carb Midday Meals



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Sticking with your keto diet plan just got simpler (and more delicious) thanks to these easy grab-and-go lunches! And how can you find time to create it? Keto eating can be among today's hottest styles—including Atkins, South Seaside, and Paleo. What in the event you prepare? Famous food article writer and nutritionist Stephanie Pedersen also provides guidance on outfitting your kitchen for achievement, stocking your fridge, and the inspiration for meal-prepping a bunch of fantastic keto-accepted lunches. There are actually vegan variations for most of the quality recipes, and all the dishes are perfect for anyone on a high-fat, low-carb diet plan—but lunch can be especially challenging for all those upon this popular diet. Thankfully, this cookbook offers you covered with an increase of than 100 simple, quick quality recipes, from twists on traditional lunches like wraps, sandwiches, and pizzas to grain bowls, stir-fries, curries, and yummy snacks to maintain your energy high.



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Good recipes, not really grab and go Thought I would supply the keto diet a go this summer. Cookbook Great book a inexpensive Everything requires preparation, like any meal, except with the added stage of buying special ingredients to substitute non-keto elements. This reserve has some really interesting ideas, but non-e of them are truly grab-and-go.



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