

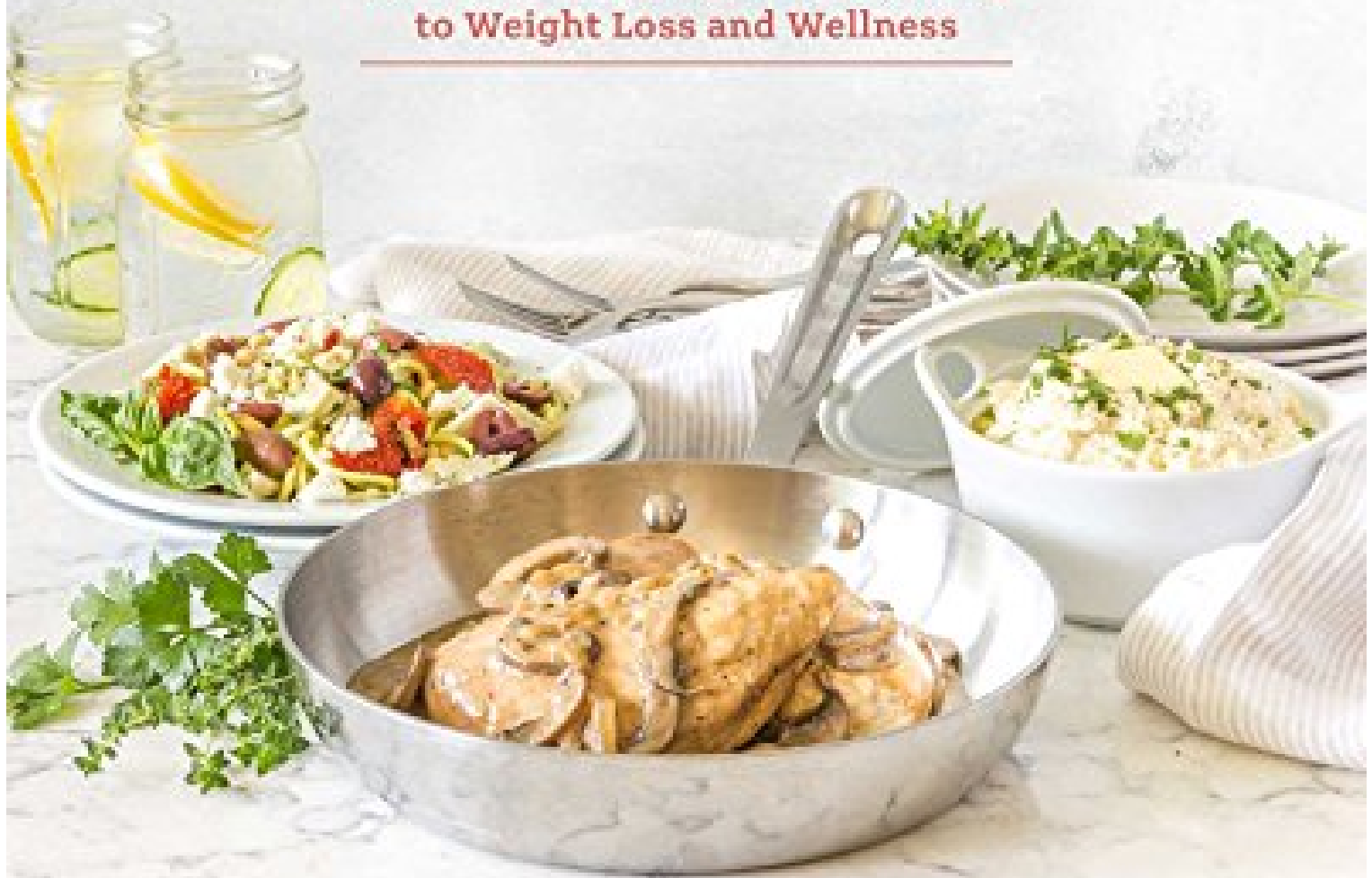
# Craveable KETO

C O O K B O O K

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Your Low-Carb, High-Fat Roadmap  
to Weight Loss and Wellness

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Kyndra D. Holley

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# Craveable Keto: Your Low-Carb, High-Fat Roadmap to Weight Loss and Wellness



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Kyndra Holley, the master behind the wildly popular meals blog Peace, Like and Low Carb, brings together food, fun, and feeling fantastic in her new cookbook, *Craveable Keto: Your Low-Carb, High-Fat Road Map to Weight Reduction and Wellness*. She takes you step-by-step through making healthful, low-carb variations of your preferred, most craveable dishes, such as: Everything Bagel Dogs, Lasagna Zucchini Roll-Ups, Dill Pickle Brined Fish and Chips, Salted Caramel Nut Brittle, Chocolate Chip Cookie Dough Bites, Green Goddess Poultry Dip, Buffalo Chicken Flatbread. Each recipe provides been perfected with Kyndra's distinct flair for the flavorful and demands things that are low-carb, entire meals– *Craveable Keto* will serve as your personal road map to living a wholesome life, with Kyndra as your instruction. With *Craveable Keto*, you will be able to effortlessly generate quick, delectable dishes that taste like you spent hours on them. based, fresh, and easy to get at. Break free of charge from the meals rut and embrace your inner master chef as you learn everything from how to stock the perfect low-carb/keto pantry to low-carb baking secrets. Complete with more than 130 whole-food dishes and comprehensive meal plans and shopping lists that produce cooking keto a breeze, *Craveable Keto* is normally your best guide to loving your low-carb life. Whether your goal is to lose excess weight loss, improve a health, or just find food independence, Kyndra can help you uncover true health, happiness, longevity, and the best possible you!



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Craveable Keto is so much more than a cookbook, everything you need to know if starting Keto. This book is indeed much more a book of recipes. Low Carb is amazing as well. The phases of how everything starts, what you would need, tools to assist you succeed. I'm going out to eat, what can I order? What if I want a cocktail? She covers everything. The pages are vibrant and the pictures are beautiful. Let's face it of course you like seeing images of the food we will be making, at least I understand I do. I highly recommend this cookbook. I'm extremely sensitive to dairy and there is a dairy free plan! If you would like to look up quality recipes by breakfast, desserts etc, you can also research that way. Even though I have a free copy from the publisher looking forward to me in the US, I won't make it happen for another 6 weeks and I was therefore impatient to read it that I paid for a Kindle copy your day it released! Completely happy and can't wait around to dive best in and start making some yummy food. So worth five stars!! Honestly I really do not want to cook, and normally avoid it no matter what, but my keto diet was in danger because I was so fed up with my same old, same old. As soon as this visually stunning book arrived, I made the decision I needed to make great on my expenditure and conserve my diet.. I produced the pizza eggs 1st, and also have made that several times since. Yum! And tonight I produced the Asiago Bacon Biscuits. Oh my goodness!! They are delish! Her blog, Peace, Appreciate & Tomorrow, it's to the Zuppa Toscana. I plan to try nearly every recipe in this book! Thank you for an excellent resource! And the very best component is normally they are easy (because I hate to cook, lol) and you may actually find the ingredients in the grocery store. My go-to source for Low Carb recipes now in a lovely cookbook! Just wonderfully thought out. It's very personal in addition to informative. While the recipes are amazing as all of Kyndra's are, the part I appreciated the most was reading her story. Kyndra keeps nothing back, and if you've struggled with weight during the past (or still are now) after that her honesty and candor will really resonate with you since it did with me. Craveable Keto gives you everything you want to succeed in slimming down on the keto diet plan - encouragement, inspiration, practical tools, and delicious recipes! Certainly a "will need to have!" the good, the bad I am just beginning my Keto way of living change, which book is everything! Love this cook book! Kyndra shares her entire journey, the nice, the bad, and the parts we don't always want to speak about. It had been money well spent because the Craveable Keto Cookbook is merely fantastic! One word. I produced the Zuppa Toscana recipe from the cook book and looks almost similar to there's except for the fact I used kale instead of spinach. It creates the publication HUGE and clunky to use. I can't recommend this book enough! While the recipes are amazing as all of . I'd go that route if I had to do it over again. Craveable Keto) are the only resources we've used to start! Five Stars one of the best keto cookbooks Best Keto Cookbook! I TON of editing obviously went into it. This one is a must have in case you are already into a Keto life-style or looking to get began. Simple substances/great taste I have several of Kyndra's cookbooks and her recipes under no circumstances disappoint! I could also have done without all of the information and backstory in the initial half of the publication. There's something in it for everybody. I think I saw where there is a spiral bound option now. Consider spiral bound option The Peace, Like, and Low Carb website is my go-to for great, reliable recipes. Love! I guess my only criticism I've is the best quality recipes in this cookbook are quality recipes that are also on the blog that I currently use and love. I love that the ingredients are not crazy expensive or difficult to find. This book also includes information regarding her journey and history which I liked as well. It really is so easy to view all the quality recipes in a section instantly. Simple recipes with no problem finding things that taste amazing! I got this book today and I am amazed at how

many recipes are in here I got this reserve today and I am amazed at just how many quality recipes are in here. We've not had a poor meal yet. Many thanks Kyndra! The best part may be the meal plans she's in the publication. If you want meal plan, she has meal plans laid out and the page listed to purchase that particular recipe. Love how real she is and you can feel the passion she's for helping others. This is a video game changer in my own keto journey and I can't wait for her next reserve! When she came out with this cookbook, I wanted to buy it - not only for the dishes but also support the net author as a way to say thank you for all those years of great quality recipes. good There is so much info away there approximately the Keto lifestyle. This is the BEST cookbook I've ever purchased. The design is thoughtfully done. I acquired bought the kindle version but decided I really needed it in print and when it came I loved it even more. There is a photo index in the back as each dish includes a image of what it really is supposed to look like. I like having photos of the dishes and it makes it even simpler to find them in the image index. I loved the launch and everything Kyndra writes about. We have started the Keto Life style and her books (30 Minute Keto, Happy Hour Keto & I've followed your blog for over 24 months. I recommend this book to everyone I talk to. We just made the everything bagels today plus they are delicious. We'd both really become trapped in a rut with eating and decided to change up our work. These books were so helpful starting out and made me really feel like we could do this. We have hardly ever felt starving and we've made a lot of her recipes. I would highly recommend this book to anyone! It certainly provides you all you need to start the Keto plan. All I could say is many thanks Kyndra for assisting me get healthy. Keto simple & I wish I could marry this publication! I love how this book is all I want to make yummy foods as well as a simple guideline to keto living. Nice Good book Awesome Nut Free of charge Options!!!! I have already been keto for more than a year which reserve has helped immensely. Amazing book! Really enjoying learning how exactly to cook keto food with this book! Mouthwatering cook book!!! It's so much more than just recipes.! The quality recipes are well crafted, easy to check out, and varied. I can't wait to try all the dishes in this cook book. It was money well spent as the Craveable Keto Cookbook is merely fantastic!Then the recipes, they are all laid out beautifully in more the other way. I like the way the cookbook is layed out. My 10-year-old son flipped through the webpages and within minutes had currently chosen ten quality recipes he's thrilled to try... AMAZING! This is so much more when compared to a cookbook. I adored reading Kyndra's story! Today the dishes..! they are delicious! She also shares ideas that I've already started to use! Everything tastes so excellent and is full of flavor! Simple and good food Easy recipes, simple to follow and make. This easy read and really puts it all into perspective.



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