



19 Low-Carb Dinners That Are High in Protein

EatingWell



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Mary Dan Eades, Michael R. Eades

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Keto Meal Prep by FlavCity Bobby & Dessi Parrish, 2019-05-15 A Week of Delicious Keto Meals in One Hour of Meal Prep Low carb keto recipes that actually taste good With over 1 000 000 fans FlavCity is known as the go to spot for healthy meal prep and keto recipes to help you lose weight Bobby Parrish has been featured on The Rachael Ray Show and the Food Network and is proud to call himself a home cook just like you Tired of eating bland boring healthy food Fans of FlavCity know that Bobby and Dessi Parrish know good food On their hit YouTube channel they ve shown that you can lose weight on the keto diet without sacrificing the joy of delicious food In Keto Meal Prep the Parrish duo show you how to maximize your time and prepare seven days of healthy meals in one evening and maintain your ketogenic diet You ll spend less time cooking and more time enjoying Easy creative tasty meals Keto Meal Prep includes more than 125 low carb recipes full of flavor You ll meet your weight loss goals with dishes perfectly calibrated to the ketogenic diet Each easy to follow recipe can be prepped in advance so when you re tired and hungry a healthy meal is just minutes away Mix and match the base recipes and your meal combinations are endless This keto cookbook has you covered from morning to night with recipes for protein filled breakfasts exciting lunches crave worthy dinners tasty snacks and keto desserts Here s what else you will find in Keto Meal Prep by FlavCity 50 keto meal prep recipes each containing 2 3 components 25 individual keto approved recipes Detailed macros and carb count for each recipe Allergen index for nuts dairy and eggs for each recipe and with Paleo Video tutorials that are live on YouTube Tips for becoming a meal prep boss Actual fan reviews and more If you liked the cookbooks Simply Keto The Easy 5 Ingredient Ketogenic Diet Cookbook The Complete Ketogenic Diet for Beginners or Keto Made Easy you ll love Keto Meal Prep Please note recipes indicated as being Whole30 diet compliant have not been independently evaluated for compliance by Thirty Co LLC d b a Whole30

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