

Low Carb Primer: Great Recipes for Beginners (Love Low Carb Book 1)

By Kate Marcello

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Have you had a recent diabetes diagnosis, or you want to go low carb to lose weight?
Does it feel like your life is over because you LOVE food?

That is not the case at all and you can still eat a ton of great dishes! However, you're probably not sure where to start. Bread is out. Potatoes are out. Heck, you can't even eat corn! Don't lose heart! In Kate Marcello's Low Carb Primer, you will find 5 introductory recipes to each of the following categories:

- Meat Entrees
- Breakfast
- Sides
- Entrees
- Desserts

Yes, desserts! There's pancakes and biscuits in there too! Life is definitely not over! You are just beginning! Get these great recipes to get you started right now!

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