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 The Low-Carb Gourmet: 250 Delicious and Satisfying Recipes [Karen Barnaby, Maren Caruso] on Amazon.com. *FREE* shipping on qualifying offers. Cook well. Eat well. That's always been my philosophy, Karen Barnaby says. I've just translated it into low-carbing.
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 Low Carb Gourmet provides delicious meals that are low in carbohydrates and contain healthy fats (LCHF) for people following a LCHF lifestyle.
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 These are the best low-carb recipes from our blog for the year 2017. These recipes are perfect for low-carb, keto, Atkins, diabetic, gluten-free, sugar-free, and Banting diets. Disclaimer: Some of the links on this site are affiliate links which means we make a small commission from any sales to help keep the recipes coming!
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 Low Carb Recipe of the week: Seared Tuna with Soy Wasabi Glaze. Slow Roasted Herb and Spice Cured Pork Shoulder. Karen Barnaby's new book: The Low-Carb Gourmet. You can order a signed copy directly from Karen's restaurant, the Fish House. Also available from Amazon.com, Amazon Canada and Amazon UK . Feta and Olive Meatballs. Liptauer Cheese
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 Photo by Joseph De Leo, Food Styling by Anna Stockwell. 10/57. Zucchini Noodles with Anchovy Butter
 Requiring just five ingredients, this rich, umami-packed pasta substitute is as easy and flavorful as low-carb recipes come.
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techniques to sophisticated dishes, including soups, snacks, sauces, main dishes, and even spectacular sweets. The 250 recipes range from Prawns with Peppery Garlic Vinaigrette, Guacamole, and Pancetta Wrapped Salmon with Red Wine Butter to Beef Salad with Creamy Horseradish Dressing, Daikon Radish, Chinese Cabbage and Tofu Soup, Pumpkin ...
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 Low Carb Gourmet Hot Dog Bar The summer season has officially arrived and many are celebrating this lovely Memorial day weekend with a BBQ. Summer holiday weekends were made for hot dogs and hamburgers. It's part of the American culture to bust out the grill and crack a cold beer and celebrate. As a low carb dieter
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