

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Low Carb Recipes Actually Taste Great!

By Mike Yeager

Low Carb Recipes Actually Taste Great!

by: Mike Yeager

Many people are beginning diets that encourage low carb recipes these days. But, what are low carb recipes? What things can and cannot be made into a low carb recipe? Following your diets strict guidelines is important, but using the Internet as a tool will help you. For instance, you may do a search for quick recipes and come up with many low carb options. There are many different diets to choose from that have low carb rules. But, many recipes may also be able to be changed into low carb by making simple changes. Meat recipes are probably the most obvious choice including chicken as it is such a healthy option in most cases. But, what about other choices? Cookie recipes may be the most difficult to find, but choices for sweets will be found. What about a special occasion? Yes, you can easily find easy gourmet recipes as well. Make in advance crockpot recipes? Yes, those too will be found with a little devoted looking.

The best option in finding these hard to find recipes would be to look on your low carb diet's website. You can also do a search for the exact thing or just a category using the Internet. Whatever means you choose, you will find many options to low carb recipes out there. Low carb recipes need to be healthy as well as follow the guidelines specified in your diet's plan. So, it is safe to say, that you will need to research what items you may and may not eat when following these diets by looking through the materials you have purchased or visiting the websites sponsored by those diets. Questions to ask and get answered include knowing the difference between good carbs and bad carbs. Dietitians recommend eating complex carbs because these are full of fiber, phytochemicals, vitamins, and minerals. Other carbs are ones, usually the ones to avoid are simple carbs which contain lots of sugar! There are more things to ask about your diet as well such as the different phases or just how to live a low carb life.

Once you know the information you need to choose which low carb recipes you are allowed or those that you are restricted from, changing your favorite recipes into low carb gets easier. Chicken and other meat recipes will be the easiest to switch maybe with very little effort. In certain diets, you are allowed to eat more vegetables, but are restricted on which ones. So instead of having a baked potato with

Low Carb Recipes Actually Taste Great!

your dinner, you have a baked sweet potato instead. The sweet potato has less of the "bad carbs" than the sweet potato. Maybe instead of fries at your favorite restaurant, you get a salad. When it comes to making things at home, you need recipes that contain good carbs in the correct amounts for your diet.

A crock pot meal may contain a meat choice and fresh veggies, but leave out the potatoes or noodles. There are many choices you will need to make when looking for low carb recipes, but overall, it will be easy to find ones that will fit your taste buds. The most important things to understand are the rules of your low carb diet or lifestyle. Knowing which carbs you can and cannot eat, is the entire battle!

Mike Yeager

Publisher

Low Carb Christmas!

By Jan McCracken

Low Carb Christmas! by Jan McCracken

You may publish this article in your newsletter, on your website, or other publication as long as the article content is not altered and the resource box and byline are included as an active link. Notification of use of this article is appreciated. Thank you!

Copyright, 2003

Jan McCracken

<http://www.lowcarbcookin.com>

<mailto:jan@lowcarbcookin.com>

343 words

LOW CARB CHRISTMAS!

Who says that Low Carbers can't participate in all the joys of Christmas Cookin'? Set yourself up for a Merry Low Carb Christmas this year!

We all have treasured memories stored up in our hearts of our own past Christmas times and much of that is around FOOD and specially prepared Christmas treats.

I would spend days cooking for holiday parties, for drop-in guests, for gifts and just for nibbling through the season. So, you see, it isn't just about the food! There are a whole lot of emotions intertwined in "Christmas Cooking"!

Living the Low Carb Lifestyle we may feel "deprived" and think that we can't participate in the ritual of Christmas cooking and making special memory treats.

Low Carb Recipes Actually Taste Great!

WRONG! You can build Christmas goodies to your hearts content this year. The secret in filling your low carb heart with the spirit of Christmas is NOT TO FILL your tummy with Low Carb Christmas treats!

Did you know that research shows that the "first bite" tastes the same as the "tenth bite"? `Nuf said?

I invite you to my website that is all about Low Carb Christmas Cookin' and you will see that we have great, old-fashioned recipes "mouth-watering" ready for you and they are "real food style"!

Let the spirit of Christmas fill your Low Carb Heart! And, Merry, Merry Low Carb Christmas!

=====
About the author: Jan McCracken is author & self-publisher of 35 gift books & cookbooks. Laugh & cook with this fun-loving, old-fashioned cook who insists that food

taste like "the real stuff" without the carbs... no one will ever know it's Low Carb!

<http://www.lowcarbcookin.com>
Low Carb Christmas Cookin'
An Old-Fashioned Low Carb Christmas!
224 pages of recipes all about Christmas!

Jan McCracken is author and self-publisher of over 35 gift books and cookbooks. Born in the Midwest and former owner/innkeeper of a country bed and breakfast in Branson, MO, she has been cooking since she was seventeen years old (she won't tell us how many years that is!). Jan has been living the low carb lifestyle for almost eight years.

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares

Low Carb Recipes Actually Taste Great!



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!