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The hardest thing will be choosing which recipe to make first." --DANA

CARPENDER, author of 500 Low-Carb Recipes and 1,001 Low-Carb Recipes-Kyndra

absolutely knocks it out of the park with The Primal Low

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free, low carb, primal
variations.
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**The Primal Low Carb Kitchen
Cookbook by Kyndra D. Holley**
She takes you step-by-step
through making healthy, low-
carb versions of your

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favorite, 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

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Goddess Chicken Dip •

Buffalo Chicken Flatbread

Each recipe has been

perfected with Kyndra's

distinct flair for the

flavorful and calls for

ingredients that are low-

carb, whole food-based,

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Thanks for making keto more
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you're eating a keto diet,

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you usually spend a lot more time in grocery stores looking for the best low-carb foods and skimming nutrition labels to make sure you're buying keto-approved items. Believe me, it gets a little exhausting

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Hello and welcome to my blog
The Low Carb Kitchen, thank
you for stopping by. My

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name's Emma. I live in Cheltenham with my daughter's Florence (nearly 4) and Clementine (6 months), my husband Ports and cat Tilly. I am a recipe developer, cook and the author of The Low Carb

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Diabetes Cookbook (published
1 November 2018).

THE LOW CARB KITCHEN

Preheat the oven to 400°F
(205°C). In a large mixing
bowl, combine the sweet
potato slices, olive oil,

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sea salt and black pepper.

Toss until the sweet potatoes are well coated.

Line the sweet potato slices in a single layer on a rimmed baking sheet and bake on the top rack for 25 minutes.

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While many dishes are more
for the maintenance phases
instead of induction,

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there's still a good mix of really low carb versus mostly low carb. My favorite dish is the sweet/spicy green beans. I also love the cheddar dill biscuits (with occasional sausage gravy splurge) and the spicy meat

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sauce. Found the eggplant
lasagna a bit of an effort.

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Kitchen ...**

Instructions. Preheat the
oven to 175 °C/ 350 °F (fan

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assisted), or 195 °C/ 380 °F (conventional). In a medium bowl, using a hand mixer on low speed, whip the cream cheese and egg together. Add the dill, onion salt, Italian seasoning and garlic.

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KetoDiet Blog

Following the Primal
template, Kyndra cuts out
grains and gluten and
emphasizes whole,
unprocessed, "real" foods. A

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lifelong foodie with
personal experience losing
weight on the low-carb diet,
Kyndra brings you
mouthwatering comfort food
recipes such as Caramelized
Onion and Prosciutto "Mac"
and Cheese, Italian

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Meatballs with Tomato Cream
Sauce, Chili Dogs, Eggplant
Lasagna and more.

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Support for Atkins diet,
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Dr. Bernstein, CKD and any other low-carb high-protein diet, all are welcome in our lowcarb discussion community message boards. Free, and open to share ideas, support, recipes and more.

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