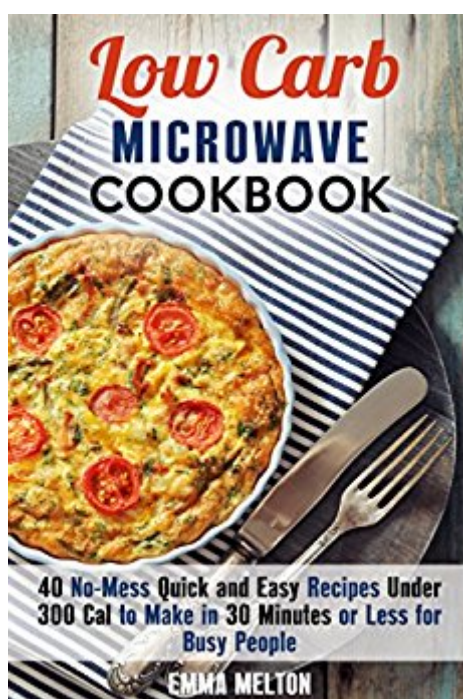


The book was found

Low Carb Microwave Cookbook: 40 No-Mess Quick And Easy Recipes Under 300 Cal To Make In 30 Minutes Or Less For Busy People. (Low Carb & Microwave Meals)



Synopsis

Cut Carbs, Cut Time and Be Healthy! You Can Do It With Your Microwave! You[™]ve probably never really thought about it before but cooking most if not all of your meals in the microwave can save you all kinds of time and taste just as good as when it takes a long time for conventional cooking. Baked potatoes that take an hour in the oven can take about seven in a good microwave. From the proper containers and cookware to the right ingredients for your low-carb eating plan, this book provides you with all you need to get started and keep going down the right road. This book provides you with a lot of options when it comes to microwave cooking. Your breakfasts don[™]t have to be boring when you consider the delicacies you can make in less than 15 minutes. Some can take less than five! Consider the time you can save preparing portions ahead of time and just putting them in the microwave for a deliciously homemade breakfast, lunch, dinner or dessert! Inside You Will Learn: • What Substitutes Can be Used For the Perfect Low Carb Meal • Some Helpful Hints to Making It All Easier • How to Cook in the Microwave Instead of Baking, Frying or Sauteing • How to Save Time Cooking Vegetables and Meats in your Microwave • How to Ensure Even Cooking • And Much More Once you discover how much time you will save and still be able to get the same great taste from your meals, you won[™]t want to take a lot of time cooking again. When you[™]re on an eating plan with low-carbs or any health plan, you want to make sure you[™]re doing it right. Don[™]t wait another minute. It could be the first of many minutes you save by using your microwave for everyday cooking! Don[™]t Delay. Download This Book Now.

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Customer Reviews

What an odd little book. The microwave tips are fairly basic - e.g., "make sure the containers you use for cooking in a microwave are safe to be used." Maybe this book intended for those who never cooked in a microwave before? Though the first recipe assumes possession of a microwaveable waffle dish. The author does have some worthwhile ideas and I'd highly recommend browsing through this on a Kindle for free. I bought the paperback and wouldn't recommend paying that much for it - or much at all. Many of the recipes are low-carb, though I wouldn't trust the author's figures. There's a recipe for flavoring a packet of instant oatmeal that has "0 carbs" - not true of any oatmeal in my pantry. Ingredients for one "2 carb" recipe call for "6 unsweetened cream cheese pancakes" (no recipe given, and the one I'm familiar with has more than 2 carbs per pancake) along with cheddar cheese, scrambled eggs, and precooked sausage links. Note also that one of the above recipes seems to serve one (one packet of oatmeal, anyway) and the other maybe six. The number of servings is never specified and could do a lot toward making the carb content clear. Even then, one wonders. One recipe for sausage balls calling for 3 cups of Bisquick (along with a pound of cheese and a pound of cooked sausage) has "3.4 carbs" - maybe a serving size problem? Could be suggesting 3.4 carbs per sausage ball, though size or number of sausage balls isn't specified - just "roll into small balls." Dish sizes aren't specified either - just "place in a microwaveable bowl", and the like.

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