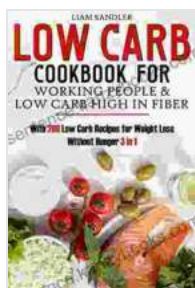


Transform Your Health with Low Carb, High-Fiber Delights

In today's fast-paced world, maintaining a healthy lifestyle can be challenging for busy working professionals. But what if there was a way to enjoy delicious and nutritious meals without sacrificing your health or precious time? Introducing the Low Carb Cookbook For Working People: Low Carb, High In Fiber – your ultimate guide to transforming your health while embracing the convenience of home cooking.



Low Carb Cookbook for Working People & Low-Carb High in Fiber: with 299 Recipes for Weight Loss

Without Hunger 3in1 by Liam Sandler

★★★★☆ 4.2 out of 5

Language : English
File size : 5242 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 148 pages
Lending : Enabled





Low-Carb Chicken Stir-Fry

- 1 pound boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 red bell pepper, chopped

- 1 green bell pepper, chopped
- 1 cup broccoli florets
- 1/2 cup soy sauce
- 1/4 cup honey
- 1 tablespoon cornstarch

Heat the olive oil in a large skillet or wok over medium-high heat. Add the chicken and cook until browned on all sides. Remove the chicken from the skillet and set aside.

Add the onion, bell peppers, and broccoli to the skillet and cook until softened, about 5 minutes. Stir in the soy sauce, honey, and cornstarch. Bring to a boil and cook until the sauce has thickened, about 1 minute.

Return the chicken to the skillet and stir to coat in the sauce. Cook until heated through, about 2 minutes more.



Low-Carb Zucchini Lasagna

- 1 pound zucchini, sliced into thin strips
- 1 onion, chopped
- 1 pound ground beef
- 1 (15 ounce) can tomato sauce

- 1 (15 ounce) can tomato paste
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 1/4 cup grated Parmesan cheese

Preheat oven to 375 degrees F (190 degrees C).

In a large skillet, brown the ground beef over medium heat. Drain off the excess fat.

In a large bowl, combine the tomato sauce, tomato paste, oregano, basil, and Parmesan cheese. Stir in the ground beef.

Layer half of the zucchini slices in a 9x13 inch baking dish. Spread half of the meat mixture over the zucchini. Repeat with the remaining zucchini and meat mixture.

Bake for 30-35 minutes, or until the zucchini is tender and the cheese is melted and bubbly.



Low-Carb Cauliflower Pizza

- 1 head of cauliflower, grated
- 1 egg
- 1/2 cup almond flour
- 1/4 cup Parmesan cheese

- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried basil
- Salt and pepper to taste
- Your favorite pizza toppings

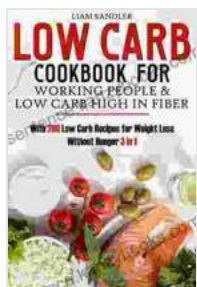
Preheat oven to 425 degrees F (220 degrees C).

In a large bowl, combine the cauliflower, egg, almond flour, Parmesan cheese, oregano, basil, salt, and pepper. Mix until well combined.

Press the mixture into a 12-inch pizza pan. Bake for 15-20 minutes, or until the crust is golden brown.

Top with your favorite pizza toppings and bake for an additional 10-15 minutes, or until the cheese is melted and bubbly.

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