



30 Minute Ketogenic Cooking: 50+ Mouthwatering Low-Carb Recipes to Save You Time and Money

Kyndra Holley

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Kyndra Holley knows that one of the biggest challenges people face when transitioning to and sticking with a whole foods-based ketogenic lifestyle is carving out time to cook day after day—especially on busy weeknights when life is pulling you in a million directions. Preparing healthy low-carb meals from scratch, without relying on prepackaged convenience foods, can leave you feeling like you spent hours in the kitchen, all for a meal that's just a memory within a few minutes' time.

Being no stranger to the familiar time crunches of modern life, Kyndra tackles the issue head-on in her new cookbook, *30-Minute Ketogenic Cooking*. The book features more than 50 of her quickest, most mouthwatering recipes, each of which requires no more than 30 minutes of hands-on cooking time. You'll be enjoying tasty keto meals in almost no time flat!

This book is a game-changer for busy families, overworked singles, and anyone else wishing to adopt and maintain a ketogenic lifestyle without letting food prep, cooking, and cleanup rule their lives. Kyndra has included her favorite fast and flavorful breakfasts, lunches, dinners, and snacks. As in her previous books, every recipe uses only easy-to-source, real-food ingredients and reflects her instantly recognizable flair. In *30-Minute Ketogenic Cooking*, she lets you in on her best timesaving tips and tricks so that in half an hour or less, you can have a delicious and nutritious low-carb meal on your plate.

30 Minute Ketogenic Cooking: 50+ Mouthwatering Low-Carb Recipes to Save You Time and Money Details

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From Reader Review 30 Minute Ketogenic Cooking: 50+ Mouthwatering Low-Carb Recipes to Save You Time and Money for online ebook

Amy says

Finally, a cookbook that has more than 2 recipes I can make AND that I like. A must buy.

Candace says

I'm quite surprised there are a few things that look really good. Egg clouds sound really good and the crescent rolls looked nice. Some of the recipes seem a little too basic, but otherwise, I was quite please. I also like that it gives a shopping list for the week.

Kristy says

Great buy for beginners.

Rain says

Fabulous recipes to help you stay keto! I love Kyndra's other cookbooks (Craveable Cooking is my favorite) and she has a ton of free recipes on her blog [peaceloveandlowcarb](http://peaceloveandlowcarb.com).

Michael Billedeaux says

Excellent keto cookbook.

These recipes are amazing. I loved that there was a breakdown of total as well as net carbs on all recipes. Everything that I have made from this book has turned out as expected. There are no "weird" ingredients that will break the bank, nothing I have to buy in bulk only to use 1 teaspoon. Just straight forward good recipes. The most exotic ingredient I found in this book was erythritol- aka swerve. Definitely worth buying!
