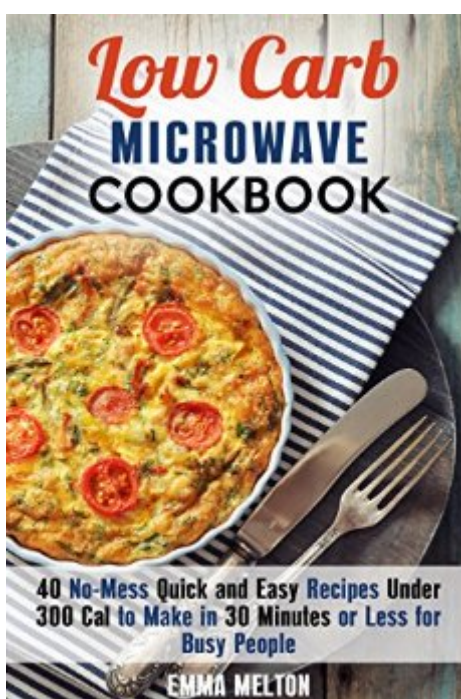


The book was found

# 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<sup>TM</sup>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<sup>TM</sup>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:â€¢What Substitutes Can be Used For the Perfect Low Carb Meal â€¢Some Helpful Hints to Making It All Easier â€¢How to Cook in the Microwave Instead of Baking, Frying or Sauteing â€¢How to Save Time Cooking Vegetables and Meats in your Microwaveâ€¢How to Ensure Even Cooking â€¢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<sup>TM</sup>t want to take a lot of time cooking again. When you<sup>TM</sup>re on an eating plan with low-carbs or any health plan, you want to make sure you<sup>TM</sup>re doing it right. Don<sup>TM</sup>t wait another minute. It could be the first of many minutes you save by using your microwave for everyday cooking! Don<sup>TM</sup>t Delay. Download This Book Now.

## Book Information

File Size: 2457 KB

Print Length: 140 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 16, 2016

Sold by:Â€ Digital Services LLC

Language: English

ASIN: B01D34JEIS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #383,208 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #37

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Quick & Easy > Microwave Cookery

#65 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Microwave Cooking #397

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Carb

## 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.

[Download to continue reading...](#)

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) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low

carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Slow Cooker: Low Carb: 142 Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 3rd Edition (Low Carbohydrate, Easy Meals, ... Meals, Low Carb Cookbook, Weightloss) Microwave Meals (5 in 1): No-Mess Quick and Easy Microwave Recipes, Mug Meals and Mug Desserts to Cook in No Time Freeze, Heat and Eat Box Set (5 in 1): Budget-Friendly, Low Carb, Microwave, Dump Freezer Meals for Busy People (Microwave Meals & Recipes) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Dump Meals Box Set (11 in 1): Healthy and Easy-to-Make Recipes to Make in Less than 30 Minutes (Quick and Easy Microwave Meal Recipes) Low-Carb Mug Meals for One: 40 Healthy and Delicious Mug Recipes to Try in Less than 15 Minutes (Meals for Busy People) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Rice Cooker Meals: Fast Home Cooking for Busy People: , or Feed a family quickly for under \$10, with less mess to clean & get out the kitchen quicker! Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Hungry Girl 300 Under 300: 300 Breakfast, Lunch & Dinner Dishes Under 300 Calories Mason Jar Meals: Quick, Easy & Healthy Mason Jar Meal Recipes For Busy People: Cooking For One with Meals In A Jar (mason jar, mason jar recipes, mason ... jar recipes, jar meals, mason jar salads) Crockpot Recipes: 30 Delicious, Dairy & Gluten Free, Low Carb Recipes For Busy People (Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, Gluten Free ... Cooker Recipes, Low Carb Cookbook Book 1)

[Dmca](#)