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With over 130 recipes, and chapters on Chicken, Beef, Pork, Lamb, Fish, Eggs, Veg, Salads, Pasta, Rice & Noodles and Sweet Things, there's plenty of quick and easy recipe inspiration to choose from. A keto cauliflower puree that's better than mashed potatoes?! A bold claim! But I stand behind it! And believe me, nobody is more surprised than I am! It's day five in my week of low carb recipe posts, and my third day of strict low carb eating myself. Yesterday I wasn't craving carbs, but I felt really foggy and knew I needed something other than protein in order to bounce back. A step-by-step beginner's guide for homemade sourdough bread (no yeast). No-kneading required. This recipe is baked in a Dutch oven. Amazon giveaways are always free to enter and never give your contact information to the sponsor. Most can be entered in three clicks with no typing and you will instantly know when you are a winner!