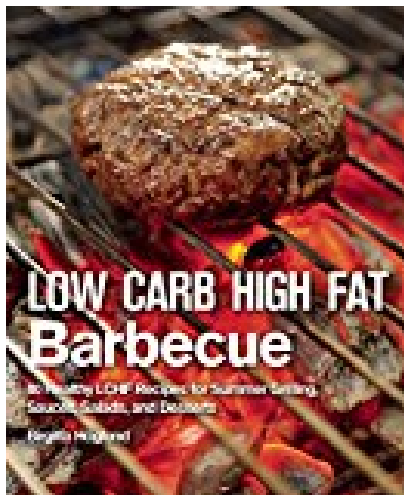


# Low Carb High Fat Barbecue 80 Healthy LCHF Recipes for Summer Grilling Sauces Salads and Desserts

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## BOOK DETAILS

- Author : Birgitta Höglund
- Pages : 160 Pages
- Publisher : Skyhorse Publishing
- Language : English
- ISBN : 1632205327

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## BOOK SYNOPSIS

Summertime brings many things: warm weather, vacations, sandy beaches—and barbecues. It might seem impossible to plan a menu of healthy food for the backyard cookout or a picnic. But grilled meats and seafood are perfect for the low carb high fat (LCHF) diet, which emphasizes proteins and vegetables over sugar and flour. Low Carb High Fat Barbecue contains over 80 delicious recipes for grilled food and tasty side dishes. Marinades, sauces, and other delicious accompaniments add variety and make grilling fun. Recipes include: Rhubarb and Pepper Chutney Spicy Béarnaise and Chili Hollandaise Sauces Saffron-Marinated Fish Skewers Red Wine-Marinated Lamb Chops Prosciutto-Wrapped Stuffed Chicken Thighs Grilled Portabello Mushrooms Three Vegetable Gratins And much more! Birgitta Höglund is a trained chef and has long posted on her popular blog, Birgitta Höglund's Food (Birgitta Höglund's Mat). She has personal experience following an LCHF diet, and her LCHF recipes in this book are also crafted for the Glycemic Index (GI) and Paleo diets. Many people simply prefer to eat natural food without preservatives, and Low Carb High Fat Barbecue is here to provide ordinary, fun food that's healthy for the whole family.

### **LOW CARB HIGH FAT BARBECUE 80 HEALTHY LCHF RECIPES FOR SUMMER GRILLING SAUCES SALADS AND DESSERTS**

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