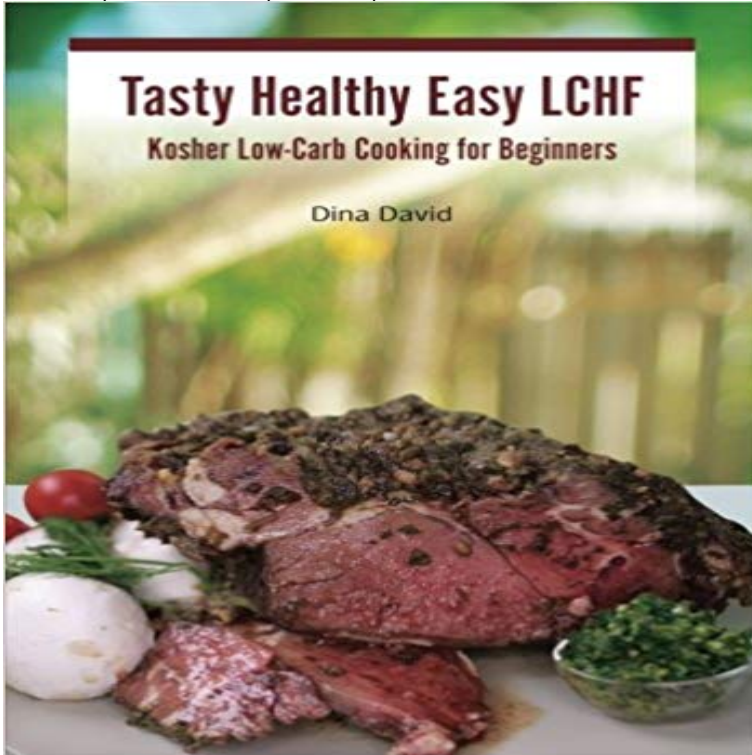


# Tasty Healthy Easy LCHF: Kosher Low-Carb Cooking for Beginners



LCHF stands for low-carb, high/healthy-fat. When I first tell people about the LCHF diet, they are often shocked. How do you make fried chicken without breadcrumbs? What do you eat for breakfast if you can't have cornflakes? This cookbook is for them. There are also people who very much would like to cook healthy but think it takes a lot of time, or maybe feel they just don't know how. This cookbook is for them too. And then there are those who just don't know how to cook at all. This cookbook is for all those people. But not just them - this cookbook is also for those who want to cook low-carb cuisine in a kosher kitchen. So whoever you are, Tasty Healthy Easy LCHF: Kosher Low-Carb Cooking for Beginners is the cookbook for you. Enjoy!

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