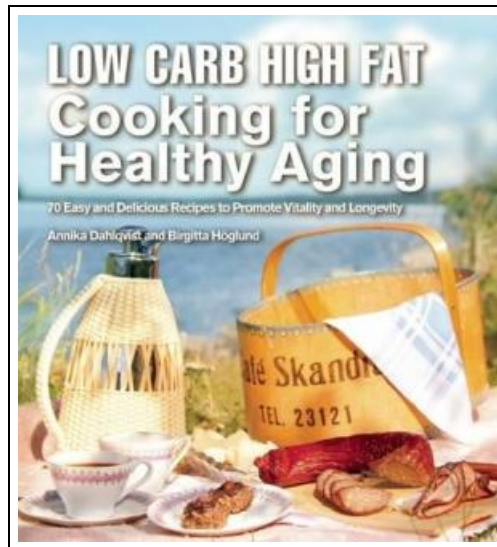


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Skyhorse Publishing, United States, 2015. Hardback. Condition: New. Language: English . Brand New Book. Oftentimes, the so-called diseases of affluence, like diabetes or high blood pressure, are due to improper diet as you age. By eating food with fewer carbohydrates and more fat, you can maintain a normal weight and become free of the symptoms of, for example, fibromyalgia, irritable bowel syndrome (enteritis), chronic fatigue syndrome, and sleep disorders. Low Carb High Fat Cooking for Seniors contains over 70 easy-to-prepare recipes for those who want hearty and nutritious food that makes you feel as good as possible. Recipes center around healthy, Low Carb High Fat (LCHF) staple ingredients, like butter, cream, creme fraiche, eggs, coconut oil, olive oil or canola oil (cold pressed), nuts and almonds, and cheese, and are suitable as breakfast, snacks, entire meals, or tidbits at teatime. Recipes include: Almond Waffles Buckwheat Porridge Spinach Soup with Bacon Salmon and Cauliflower Casserole Lingonberry Ice Cream Chocolate-Covered Macaroons An much more! Birgitta Hoglund is a trained chef and has long posted on her popular blog, Birgitta Hoglund s Food (Birgitta Hoglund 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 Cooking for Seniors is here to provide tasty, simple-to-prepare food that s healthy for seniors as well as the whole family. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We ve been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more....



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