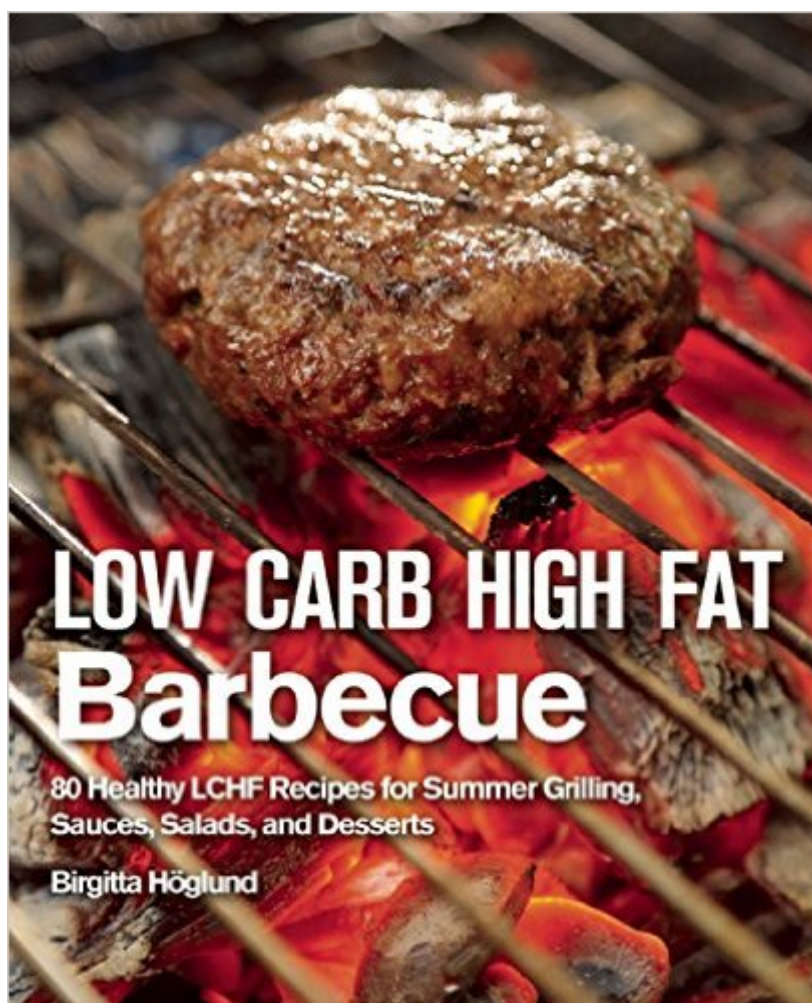


The book was found

Low Carb High Fat Barbecue: 80 Healthy LCHF Recipes For Summer Grilling, Sauces, Salads, And Desserts



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 Hägglund is a trained chef and has long posted on her popular blog, Birgitta Hägglund's Food (Birgitta Hägglund'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.

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. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Book Information

Hardcover: 160 pages

Publisher: Skyhorse Publishing; Trade edition (June 23, 2015)

Language: English

ISBN-10: 1632205327

ISBN-13: 978-1632205322

Product Dimensions: 8 x 0.9 x 9.6 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars – See all reviews (5 customer reviews)

Best Sellers Rank: #884,017 in Books (See Top 100 in Books) #156 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #506 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #584 in Books > Cookbooks, Food & Wine > Outdoor Cooking > Barbecuing & Grilling

Customer Reviews

I met the author on Jimmy Moore's 2015 Low Carb Cruise. She is dedicated to creating and eating good, healthy food. The book has gorgeous pictures of the prepared recipes and the instructions are easy and concise-this book has been translated into english-all the temperatures and measurements are american too. I highly recommend this book. I have pre-ordered her other two books that are being translated into english.

I was intrigued by Brigitta from the beginning, but was afraid that she would use ingredients I was not familiar with or could not locate here in southern Louisiana USA. But I ordered 3 of her cookbooks and found that it is very easy to follow and suggested substitutes in the book made all beautiful recipes totally accessible to me. It's new ideas that we do not have in American cookbooks and I can't wait- I'm planning one per week. Thank you Birgitta.

We were so thrilled to receive a review copy of Birgitta's book, Low Carb High Fat Barbecue and couldn't wait to dig in. The recipes and helpful tips and hacks teach you everything you need to know about grilling and the recipes that support a main grill meal. No fancy European ingredients, just real, bonafide, healthy, real food--beautifully, yet simply prepared. The photography is fabulous and each recipe is illustrated with gorgeous photos. We had an opportunity to make one of the recipes from the book. Wow great dinner! We made Grilled Ribeye with Chef Butter from Birgitta's book Low Carb High Fat Barbecue! I'm gonna post about it on the blog, maybe next week if I can or week after if not. Sorry for the delay. But OMG! Birgitta HÅ¶glund anyone would think you are a frickin' restaurant superstar with 18 years experience, or something! This book is rockstar quality. Easy recipes we can all make, but restaurant rockstar quality results!!! Dy-no-mite! Your book and easy methods make anyone look like a restaurant chef.

Who doesn't love barbecue? Especially as the months get warmer and the grills come out of hibernation from the winter, nothing tastes better than some well done barbecue. While many people don't see this as health food, for Birgitta HÅ¶glund it's DEFINITELY a part of her healthy

low-carb, high-fat lifestyle. LCHF is a concept that has taken the world by storm and Birgitta is on the front lines of sharing this through her incredible books. This is a fabulous first book to get if you are new to low-carb, high-fat eating because you'll be amazed at how delicious it really is. Fire up the grill and get healthy!

I learned so much from this book. Birgitta Håglund is one of the original founders of LCHF and has dedicated her life to reinvent modern cooking. The barbecue book is not only about putting a piece of meat on the grill. Here we learn to serve whole healthy dinners without any harmful carbs. I have made half of her recipes and all have been a delight to make and eat.

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

Low Carb High Fat Barbecue: 80 Healthy LCHF Recipes for Summer Grilling, Sauces, Salads, and Desserts
Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat)
Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes)
(Volume 2) Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker)
Low Carb: The Low Carb Dessert BIBLE – © with over 200+ Decadent Recipes (The Ultimate Low Carb Dessert Cookbook for Rapid Weight Loss)
Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook for Ketogenic, Paleo, & High-Fat Diets
Ketogenic Diet: 250+ Low-Carb, High-Fat Healthy Keto Recipes & Desserts + 100 Keto Tips, Tools, Resources & Mistakes to Avoid
Homemade Sweet and Savory Pies: Traditional Recipes Plus Low Carb, Ketogenic, Paleo, Vegetarian Pies and All You Need to Know about Baking (Low Carb Desserts & Homemade Pies)
Low Carb Living Cookbook Box Set: Low Carb Recipes for Breakfast, Lunch, Dinner, Snacks, Desserts And Slow Cooker
Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking)
Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It
Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget (Crockpot, Slowcooker, Cast Iron)
The Everyday Low-Carb Slow Cooker Cookbook: Over 120 Delicious Low-Carb Recipes That Cook Themselves
Low salt. Low salt cooking. Low salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast, easy low salt, low sodium cookbook)
(Volume 2) Weight Loss Stir-Frying: 48 Low Carb, Low Fat Recipes for Quick and Easy Wok and Cast Iron Cooking (Wok & Stir-Frying)
Healthy Spiralizer Cookbook: Flavorful and Filling Salads,

Soups, Suppers, and More for Low-Carb Living The Joy of Juicing, 3rd Edition: 150 imaginative, healthful juicing recipes for drinks, soups, salads, sauces, entrees, and desserts Paul Kirk's Championship Barbecue Sauces: 175 Make-Your-Own Sauces, Marinades, Dry Rubs, Wet Rubs, Mops and Salsas (Non) Low Carb High Fat Bread: Gluten- and Sugar-Free Baguettes, Loaves, Crackers, and More The Ketogenic Kitchen: Low carb. High fat. Extraordinary health.

[Dmca](#)