the keto diet, you probably thought that was the end of dessert. We're here to show you how silly that is! Enjoy chocolate soufflés, strawberry cheesecakes, brownies, coconut cream pies, raspberry Danish cookies and much more every day of the month. Being Low-carb is Easier Than Ever! Up to 5 Net Carbs per Serving
You can count the carbs in each recipe on one hand! Go ahead, have seconds, you'll still be within your daily carb limit. 5 Ingredients per Recipe
Cutting down the amount of ingredients reduces cost, time, complexity and even the willpower needed to cook. Less is more. Nutritional Information
Calculating your daily calories and macros is crucial to hitting your goals sooner. We calculated each recipe so you don't have to.
Personal Support
Have a general question about the low-carb diet or something specific about one of the keto recipes? Email Vicky and Rami directly any time!

Dana Carpender's NEW Carb Counter is a completely revised and updated version of the bestselling Carb Gram Counter. It includes more than 100 pages of new content, including new and popular brand name products, fast food chains, and restaurants. Each entry contains the serving size amount, calories, total carbs, fiber, net carbs, protein, and fat in the food—making it the perfect reference tool for dieters of all kinds. Better still, any foods with less than five grams of net carbs are featured in bold, so low-carb dieters can easily see those foods that are best for them and their health. Also included are helpful low-carb eating tips, as well as great lists of low-carb snack, treat, and meal ideas, all from best-selling author and low-carb guru Dana Carpender. With Dana Carpender's NEW Carb Counter in your pocket or purse, everything you need to stay on track and at your healthiest is at your fingertips.

Offers a resource for carb counter, with information on what you need to keep track of your carb intake. This work focuses specifically on carb-counting in a real-world context. It covers the basic rationale for and theory behind carb-counting, basic and advanced carb-counting techniques, how to adjust for fiber and sugar substitutes, and more.

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