



MY LOW CARB KITCHEN

VICKIE DE BEER

My Low Carb Kitchen is an easy, accessible, step-by-step guide to living a low-carb lifestyle. It tells you which foods to eliminate, and which to include, to be healthy and full of energy. With over 50 mouthwatering recipes, weekly meal plans and shopping lists, you will be organised in no time.

My Low Carb Kitchen tells you all about:

- How to transfer to a low-carb way of eating
- How to lose weight on a low-carb diet
- How going low-carb can help with coeliac disease, diabetes, chronic fatigue, gluten intolerance and inflammation
- How to make delicious low-carb recipes including bolognaise, low-carb buns, slow-roasted pork, nachos, almond and yoghurt flapjacks and even a creamy cheesecake

**AUTHOR OF THE
AWARD-WINNING
'THE LOW CARB SOLUTION
FOR DIABETICS'**

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ALSO AVAILABLE IN AFRIKAANS:

My Low Carb Kombuis
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SALES POINTS

- Extensive publicity campaign upon release
- A welcome addition to the South African low-carb library
- 50 Mouthwatering recipes

ABOUT THE AUTHOR

Vickie de Beer is a food writer and stylist with 13 years of experience in developing nutritional recipes. Her previous book with Quivertree Publications, *The Low Carb Solution for Diabetics* (which she co-authored with paediatric dietician Kath Megaw), won the *Sunday Times* Cookbook of the Year award in 2015. Vickie is currently food editor for *Rooi Rose* magazine and has also won the Galliova Food Writer of the Year award three times.

