

Mexican Keto: Low-Carb Recipes from South of the Border

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Introduction

Mexican food doesn't have to mean tortillas, rice, and beans. This cookbook shows you how to eat the flavors you love—the bold spices, the fresh cilantro, the richness of cheese and avocado—while staying true to a keto or low-carb lifestyle. You'll find 25 recipes built around the best of Mexican cuisine: sizzling carne asada, creamy chile rellenos, crispy carnitas, and unexpected dishes like cauliflower rice fried rice and zucchini noodles with mole sauce.

The recipes here aren't complicated. Most use ingredients you can find at any grocery store, and many come together in under an hour. You'll cook with familiar staples—cilantro, lime, jalapeños, cumin, chorizo, queso fresco—but in ways that fit your carb goals. Whether you're new to keto or you've been doing it for years, these recipes remind you that eating low-carb doesn't mean giving up the foods you actually want to eat.

Inside you'll find main courses that feel substantial enough for dinner, appetizers for gatherings, breakfast dishes that go beyond eggs, snacks to keep you satisfied between meals, and drinks to round out your day. Each recipe includes practical notes on swaps and storage, so you can adapt them to what you have on hand.

Itu Saja Preview-nya

Sisanya — 58 halaman lagi.

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