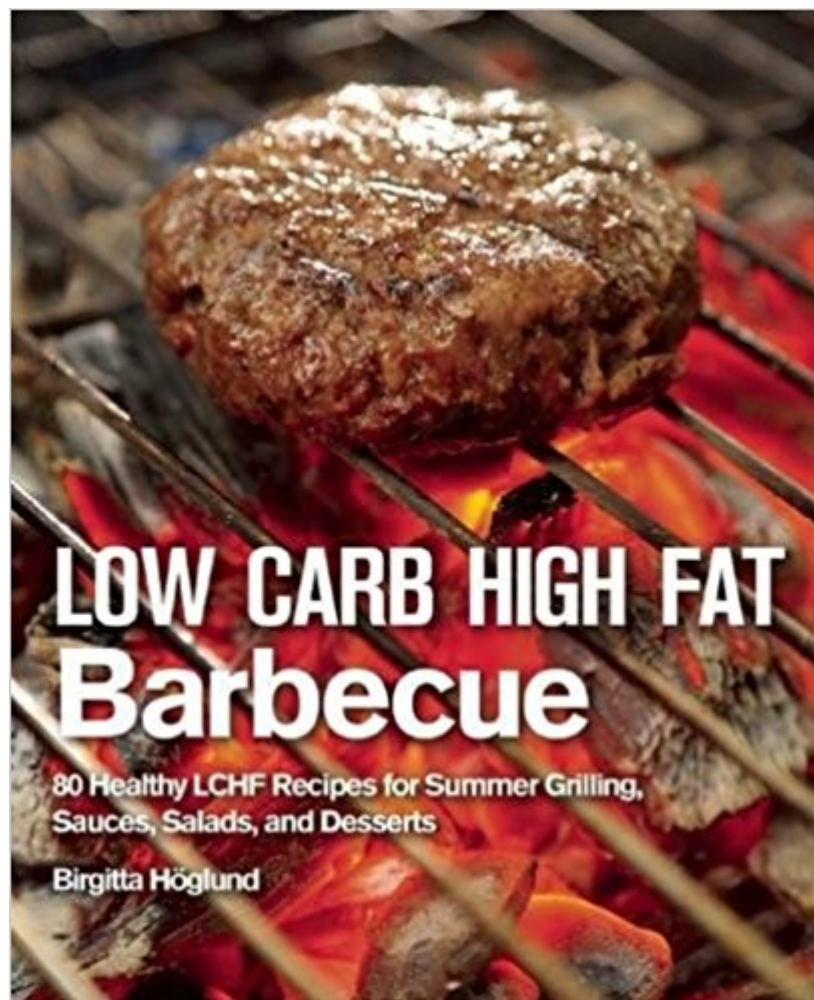




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# Low Carb High Fat Barbecue: 80 Healthy LCHF Recipes For Summer Grilling, Sauces, Salads, And Desserts



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

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## Customer Reviews

Birgitta HÃfÅ¶glund worked as a restaurant chef for eighteen years and has experience from many restaurants. After suffering from both a severe back injury and fibromyalgia, she was able to regain her health by following a low-carb, high-fat diet&#151;a regimen she began 5 years ago. She now writes about food in several blogs, newspapers, and cookbooks. Her cooking style is characterized by local, simple, and natural ingredients, free of gluten and with very few carbohydrates. Birgitta lives in northern Sweden, in Åfâ “stersund, JÃfÅ¶mtland, and spends winter in Alanya, Turkey.

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.

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.

Excellent cookbook. Great addition to my cookbook library. I have over 300 BBQ and grilling cookbooks.

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! [fÄçÄ â –Ä Ä](#)! 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 [HÄfÄ¶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 [HÄfÄ¶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 [HÄfÄ¶glund](#) 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.

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