

**BONUS
DOWNLOAD**

YOUR PERSONAL LOW CARB *COOKBOOK*

Take Your Cooking
Skills to the Next Level

WITH WENDY NICHOLSON

Personal Low Carb Cookbook



Tips and strategies...

My Favourite Recipes - When I was learning to eat Keto and low carb, I created a new, personal cookbook by writing out my favourite recipes.

My normal recipe books had mostly high carb, grain-based menus, baked items, and desserts so I needed to learn to cook new recipes.

I did this for several months until I learned how to cook this way without the recipes.

I baked less and cooked more!

I also used Pinterest to find more recipes and of course, found many ideas on YouTube tutorials for cooking Keto and low carb.

So, start writing down new recipes and have fun!

This can be the start of your NEW Personal Cookbook of low carb recipes!

KEEP Going and you will reach your goals!

I'm cheering you on...

Wendy

- Print off the following page
- Write down your favourite low carb or Keto recipes
- Keep in a handy binder in your kitchen for quick reference



To print in colour, select page 3



To print in grayscale, select page 4

Recipe:

TIME	SERVES	COOK TEMP
INGREDIENTS	NOTES	
.....		
DIRECTIONS		
.....		

Recipe:

TIME	SERVES	COOK TEMP
INGREDIENTS	NOTES	
.....		
DIRECTIONS		
.....		