



# Taking Out the Carbage (AKA The Big Book of Bacon)

*DJ Foodie*

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## **Taking Out the Carbage (AKA The Big Book of Bacon) DJ Foodie**

DJ Foodie is a food industry veteran who has worked under some of the greatest chefs on the American West Coast. A graduate of the Culinary Institute of America, he now he uses his expertise to help people lose weight and keep it off. Based on the wildly popular DJ Foodie blog, his new cookbook is bursting with hundreds of recipes that are good for you and taste just as good, so you can start leading a healthier life without ever feeling like you've given something up. The slick pages of this instant kitchen classic sizzle and pop with vibrant color photographs and sage insights from the author. Writing in his characteristically playful style, DJ Foodie has created a cookbook that bridges the gap between low-carb, primal, & ketogenic lifestyles, filled with meals that are as fun to cook as they are to eat. "I feel the need to shout from the rooftops that another true low-carb guru has emerged with the most exciting new low-carb cookbook ever: DJ Foodie!" -George Stella, professional chef & Food Network host Inside you'll find:

- 226 delicious recipes that work with low-carb, primal, and ketogenic diets
- Both metric and imperial measurements, to save you headaches in the kitchen
- A detailed nutritional analysis of each recipe, broken down by ingredient
- Gorgeous color photographs accompanying every recipe
- A two-week meal plan, plus advice on creating your own meal plan
- An in-depth look at modern sugar alternatives
- Removable shopping lists with perforated edges for easy tearing
- Ingredient lists, by carb count
- Snack ideas and exercise tips for healthy living
- Plenty of humorous commentary from the author

With the recipes in this book, DJ Foodie lost nearly 150 pounds. Now, you can shed the extra pounds, as well, eating foods that will tantalize your palate and exhilarate your taste buds. This is not a diet, but a lifestyle change. You won't just lose the weight and keep it off; you'll be healthier in every way!

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