



Low Carb High Fat Barbecue: 80 Healthy LCHF Recipes for Summer Grilling, Sauces, Salads, and Desserts

Birgitta Höglund

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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 Höglund is a trained chef and has long posted on her popular blog, *Birgitta Höglund's Food* (Birgitta Höglund'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.

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