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# Low-Carb Mug Meals For One: 40 Healthy And Delicious Mug Recipes To Try In Less Than 15 Minutes (Meals For Busy People)



## Synopsis

Donâ™t have time to cook delicious meals? Too lazy to cook in the kitchen for too many hours? Just want to cook for one instead of several extra servings? Then worry no more, low-carb mug meals are the answer! If you have a mug and a microwave in your kitchen then you have everything you need to make easy, quick, and delicious mug meals. No complicated cooking instructions, no need for too many kitchen utensils and no hours and hours of staying in the kitchen. Letâ™s face it, there are just days in our week that we find ourselves too tired to cook. There are just times when we wish that we can just throw in something into the microwave and still have a healthy meal for the night. If cooking low carb meals is your lifestyle, then this book is for you! If you want to take a break from complicated cooking, then this book is for you too! If you want to join the healthy mug meal movement, then this book is definitely for you too! Mug meal cooking is definitely one of the easier and healthier alternatives to your usual way of cooking. It becomes more useful for those who are just cooking for one and for those who do not want to spend too much time in the kitchen but still want to eat great meals. I want to share with you how fun, easy and rewarding it is to do cooking with just your mug and microwave. Donâ™t think I have only cooked the usual desserts with it, you will see later in the book that you can cook a complete meal. From an appetizer, a breakfast, or a main dish, a dessert and even dips or soups all with just this simple kitchen appliance, you can count on your mug and microwave. Inside You Will Learn: An overview of the mug cooking and the low carb diet Breakfasts Mains Salads and soups Dips and pickled dishes Breads Cakes and muffins Cookies Best practices Once you learn the basics of mug cooking, you will discover and newfound kitchen inspiration with your microwave. You will never look at cooking the same way again. You will spend less time in the kitchen but still have the same quality of meals that you have always wanted to enjoy. Say goodbye to long cooking hours, complicated cooking steps and several kitchen utensils to wash. Say welcome to simple and delicious home cooked meals with just a mug and microwave! Donâ™t wait another minute! Start maximizing your microwave and discover new ways of making great dishes that are easy, healthy and specially made for you. Donâ™t Delay. Download This Book Now.

## Book Information

File Size: 2116 KB

Print Length: 140 pages

Simultaneous Device Usage: Unlimited

Publication Date: May 19, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01FX26TV8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #178,404 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #44

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## Customer Reviews

My 2 star rating is for the fact that the title indicates this to be a low carb book. As I scrolled thru the recipes, the omelet recipe calls for chickpea flour. Not low carb. The next few selections I saw indicated, torn bread of your preference. Bread = not low carb. (I know there are some out there, but I don't eat the chemically fake-low-carb bread, so unless I wanted to make L/C bread which defeats the purpose of a quick-mug meal... not low carb.), I thought I'd skip ahead to main courses. A mug meatball meal. Perfect. Except the ingredient list calls for frozen meatballs, which normally use bread, so not low carb. Confused I went back to check the title. Yep "Low-Carb" are the first two words. Still looking for a low-carb recipe, I saw Risotto. I've tried an awesome cauliflower risotto, and thought that would be great to have a LC risotto in a mug meal. Nope. Recipe calls for Arborio Rice. So while the recipes may taste great and as mug meals are probably time saving, I am giving 2 stars as I think the title is misleading. I returned for a refund as my preview found mostly carb recipes that don't work for me. Just thought I'd let you know in case you are living LC but looking for quick meal options, like I was -- and hoping this would fit the bill.

Cookbook recipes are usually meant for more than one person. But when you are alone, what do you do? Mug Meals can give you ideas on how to microwave a meal for one, and within minutes too. Enjoy this e-cookbook for the ideas as this book is not for novice cooks. An experienced cook will quickly see the errors. The author does not state the size mug needed for the recipes, and mug sizes can vary between 6 oz, 8 oz, to even 10 or more ounces. The author in the introduction says

you can cook and eat a mug meal in less than 5 minutes, but then you read recipes that take 6 or 8 minutes of cooking, never mind the assembling and mixing. The author is also not consistent in writing proper cooking techniques either: the author states to cook a recipe 8 minutes and in the next step whisk every 30 seconds. So read the recipe through and adjust the instructions as needed to get a delicious meal!! I downloaded this book for free for my honest opinion.

Being a mother of two very active young boys, we always need to find a way to create fast and easy meals. When this book was given to me to review, I got really excited as it would give us some great options for meals that work quick and easy to make.. since I still need quick and easy meals, I'm truly going to try some of the recipes in this book. My biggest disappointment is the fact that there are no pictures of the finished product in this book!! Cookbooks need pictures. It is essential that the reader gets to see exactly what the finished product looks like. I don't think I would ever buy a cookbook without pictures in it of the finished product... "Disclosure: I received this product for free in exchange for my honest and unbiased review"

115 pages. This book is all about cooking for one...hence the mug. If you believe that microwaving food irreparably alters the nutritional value of food, this book is not for you. If, however, you have decided to start making your own "fast" food - and that is a GOOD decision - this is a great place to begin. Whether you are an experienced cook or a beginner, you will find many recipes you can use. There is an excellent variety of recipes, made with mostly fresh, whole foods...which are the best choice for healthy eating. We wish everyone would switch from the drive-thru to this diet. The cost of health care in the Western world would go down and the incidence of health in the general population would rise.

An interesting way to use the leftovers and make a meal for one! There are some grammar issues, but not enough to mar the content of the book. I did see some recipes that had either metric or non metric measure in them and I would prefer the conversions to be there so that I do not have to convert a whole recipe because that will cause me not to use it. If you are writing a book it seems like using one measure or the other is the best way to go. If you are using recipes from other sources I understand they may be different and you should decide which way you are going to do the measure so that people are more likely to use the cookbook. If you do not want to take the extra step of providing conversions then please put in a conversion table! I think this book is a great idea for those of us who have to cook for one. We have to use recipes for a minimum of four servings usually

so it is a great idea to be able to use these ingredients in a way that is easy and fast. Disclosure: I received this book free in exchange for my honest review.

I'm a single person living alone, and I'm always looking for new and innovative ideas for meals for one. If you are like me, the first thing you probably think of when you think of a 'meal in a mug' is those horrible instant noodles from university days. Well, this book defies all odds, and with nary an instant noodle in sight! How about...fluffy omelets or delicious quiche for breakfast....for lunch maybe you'd like pizza or oriental rice...and for dinner lasagna or maybe chicken in white wine. Yes, all cooked in a mug...in the microwave! But wait...there's more...soups, salads, even pickles and dips! (I'm starting to feel like one of those announcers from the late-night infomercials) "Wait, don't answer yet, just look at what else you get!" Cakes, muffins, breads, and...wait for it....cookies! Yes, you read that correctly...cookie in a mug! Yummmmm!!!! If you purchase just one recipe book this year...this is the one! So simple and so very delicious!" Disclosure: I received this product for free in exchange for my honest unbiased review"

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