

Sixto Carreon Authored Best Selling Cookbook for Filipinos

This is a Comprehensive Low Carb Diet Plan Cookbook

LOW CARB COOKBOOK

A Comprehensive Guide to Low Carb Living with a 30-Day Meal Plan and Flavorful, Nutritious Recipes

A Guide to Health and Wellness

Sixto Carreon Jr.

Greater Metropolitan Area, Philippines Jun 29, 2023 ([Issuewire.com](https://www.issuewire.com)) - Are you looking for a way to improve your health and lose weight without feeling deprived or hungry? [This Low Carb Cookbook, filled with delicious and nutritious recipes designed to support a low-carb lifestyle.](#)

[Sixto Carreon Jr.](#) a Palaweno who's currently a Chef in a luxury hotel in Singapore thrives for a change of lifestyle diet is the reason for this [Low Carb Cookbook](#). Sixto combines his culinary expertise and passion for healthy living to bring you a collection of mouth-watering recipes that are both delicious and nutritious. Drawing from his diverse culinary background, Sixto has created a unique fusion of flavors, showcasing the best of cuisines, all while keeping the focus on low-carb, sustainable ingredients.

Sixto is a passionate and dedicated culinary expert, with a keen focus on sustainability and healthy living. Born and raised in the Philippines, Sixto pursued a degree in Hospitality Management from Palawan State University, followed by a postgraduate certificate in International Marketing Management from Cambridge International Qualifications, UK, in 2021. With nearly 12 years of professional experience in the culinary industry, Sixto has honed his skills in various kitchens around the globe. His journey started with the prestigious Shangri-La Group, where he spent 7 years mastering the art of Chinese, Mediterranean, and Southeast Asian cuisines. Currently, Sixto has been working with the renowned Hyatt properties in Singapore for the past 5 years, [promoting sustainability and pushing the boundaries of traditional cooking techniques.](#)

His cookbook consists of easy-to-follow instructions and steps are essential for any cookbook. If there are a lot of ingredients needed to make every recipe, or ones that aren't easy to find at your local grocery store, that can get frustrating, especially for people who are short on time. His cookbook provides extra niceties. The background of the low-carb diet is a 30-day comprehensive low-carb diet plan from breakfast, lunch, snacks, and dinner. The meal plans to help you schedule for a full four-week, and tips on how to prepare or you may even tweak your own recipes.

["My personal journey with a low carb lifestyle began when I noticed a need for a healthier and more sustainable approach to food in both my personal and professional life. As a chef with a diverse culinary background, I've always been passionate about creating delicious and innovative dishes. However, I also recognized the importance of crafting meals that not only taste great but also promote overall health and well-being. This realization led me to explore the world of low carb eating and ultimately inspired me to create this cookbook."](#) He added.

Media Contact

Six Creatives

admin@sixcreatives.com

9062696379

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