

## LFLC Website Launch Press Release

Foodies Fall In Love With Healthier Cooking as Dating-Style Recipe Website Opens Its Doors

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FOR IMMEDIATE RELEASE – A dating site for food? Yes please! [LowFatLowCarb.com](http://LowFatLowCarb.com) is an innovative online dating-style recipe website dedicated to healthy, nutritious recipes. With industry-first features and search tools, members simply fill out their online profile and are instantly matched with a multitude of easy-to-cook healthy recipe options.

The inspiration for [LowFatLowCarb.com](http://LowFatLowCarb.com) came from a desire to help people embrace a healthier lifestyle and make positive changes to improve their well-being. But to accomplish this, the goal is to do away with typical bland, boring diets that cause so many people to fall out of love with eating better, more nutritious foods.

An important new feature is an advanced, selection-matching search engine for recipe seekers. It filters according to a variety of food categories and interests, including meal types, diet restrictions, allergies, and even individual ingredients. Just like a dating website, the user inputs their profile along with their criteria, and the site matches them up with a multitude of potential recipes to browse and choose from.

Another new feature is a customizable calendar that allows members to plan their meals in advance. They fill their days with selected recipes, creating a custom meal plan for a single day, the whole week, and even an entire month, which allows them to plan their groceries in advance and takes the guesswork out of meal preparation.

*“LowFatLowCarb.com allows me to quickly and easily create meal plans for breakfast, lunch, and dinner for the whole week,”* says Ben, a member of LowFatLowCarb. *“It’s great for planning family meals.”*

More important, the website has easy-to-print options for creating weekly recipe lists the user can take with them. This includes the option to print all the steps in the cooking process, a quick summary of the recipes, or just the shopping list for all the important ingredients users will need.

In fact, this highly desired feature is a popular one among the website’s 20,986 members. Users love that each printed recipe compiles all the ingredients needed for an entire week into one, easy-to-understand Grocery List. As one member noted, *“I no longer have to keep post-it notes on the fridge reminding me what I need to get at the supermarket. The website solves all my meal-planning problems!”*

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