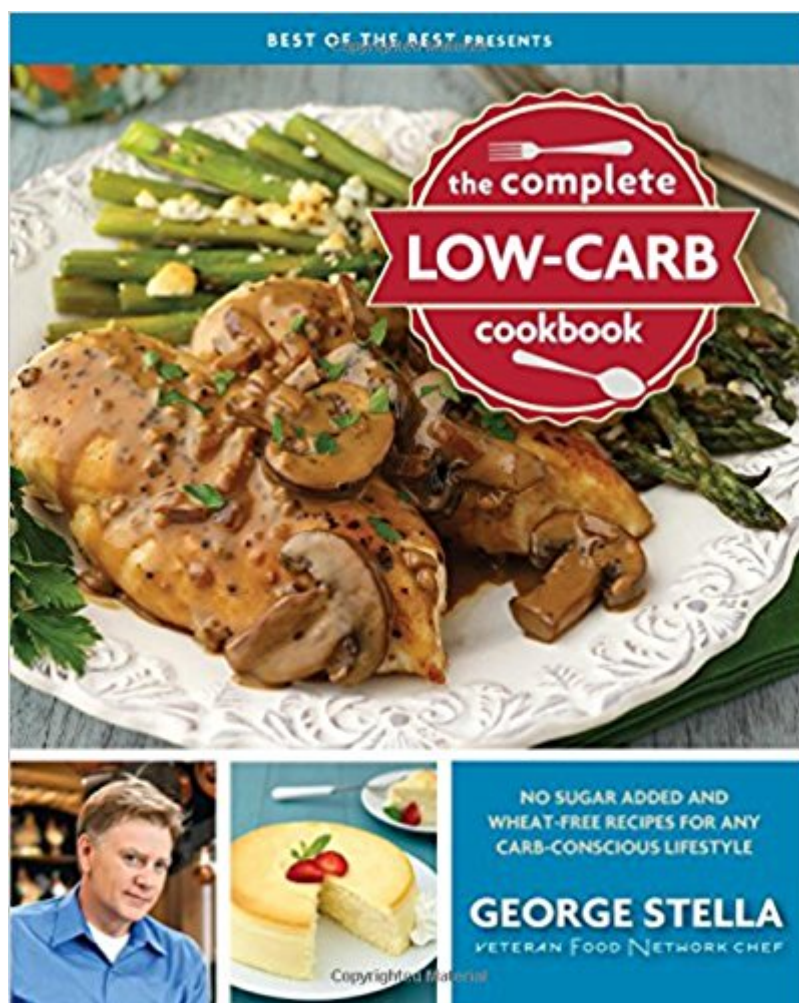


The book was found

The Complete Low-Carb Cookbook (Best Of The Best Presents)



Synopsis

George Stella's Food Network TV show and five bestselling cookbooks have established him as the leading authority on low-carb cooking. The Complete Low-Carb Cookbook is not just George Stella's best collection of recipes, but his definitive word on low-carb eating. With hundreds of helpful tips, you aren't just following along; you are learning how to use Stella's techniques to reinvent any of your own recipes without the use of processed foods. You are also learning how these techniques helped his family of four lose over 650 pounds. Over 60 full-color photos will help you present dishes that look as good as they taste. All 130 recipes are made without any wheat or added sugar, making them gluten-free, and great for diabetics as well.

Book Information

Perfect Paperback: 224 pages

Publisher: Quail Ridge Press (May 1, 2014)

Language: English

ISBN-10: 1934193968

ISBN-13: 978-1934193969

Product Dimensions: 8 x 0.5 x 9.9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 512 customer reviews

Best Sellers Rank: #9,183 in Books (See Top 100 in Books) #21 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #25 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #29 in Books > Cookbooks, Food & Wine > Special Diet > Gluten Free

Customer Reviews

written by someone who has lived low carb for 15 years, has desert, appetizer, main dish, side dish, comfort food and even doughnut holes. No wheat only almond flour. No gluten added like most low carb books. Most of the pages have full page color pictures of dishes. Some great ideas, my family who doesn't eat low carb loves dinners made, they don't even know it is low carb.... Only down fall is the use of artificial sweeteners, but he talks about them and you can substitute any sugar you are comfortable with, I use honey or coconut sugar and deal with the carbs.... I am diabetic and for me it is more about keeping sugars in check since we are trying to get prego.... Highly recommend, favorite low carb book of my library...

The food is very "normal". You don't have to go out of your way to buy a bunch of specialty foods

and ingredients. You can serve these items to anybody and they wouldn't think twice. It's more than a cookbook, it's a way of thinking that opens your eyes.

I love 'The Complete Low-Carb Cookbook'! Every recipe that I have made has been excellent! I have made several recipes from this cookbook and they are all delicious! It is very easy to make low-carb recipes. If you are supposed to watch your carbs and sugars you will really enjoy this cookbook! There are a lot of pictures throughout the cookbook too! If you are looking for a low carb cookbook, look no further, this is one of the best!

Forget all the other Lo-Carb books. This is the only one you need.

This cookbook has inspired to fall in love with cooking again...and more importantly cooking delicious low carb meals that my family enjoys. My husband gets excited when I start searching for recipes because he knows it will be creative. Thank you for providing these wonderful, easy to make recipes. I and my family have truly enjoyed everything about this book.

Not for a beginner low carb dieter. Directed toward more sophisticated dieters already well aware of how to use and substitute items that are low carb

I've been wanting to go low carb for awhile and finally decided to make it real, giving it a total effort. I bought this cookbook not sure if I would like it, but it appeared worthy of a try. I love this cookbook!! I am absolutely amazed at the variety of recipes that George Stella has put together, from appetizers to main courses to sides and desserts. They are easy to make and delicious! I do not miss the carbs at all. This book makes me regret not starting this "lifestyle" sooner. I will be buying more of Stella's books. If you want to go low-carb, I encourage you to try this chef's cookbooks. Love it!

I am giving everyone a heads up, I have bought many low carb cookbooks, his are the best by far, spend the little extra, you will be glad you did. I don't even care for the other books. His are easy and taste great, I just ordered the ones I did not have..

[Download to continue reading...](#)

Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb

Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb: In 20 Minutes - Over 60 Easy One Skillet Recipes in 20 Minutes Or Less (Low Carb Cookbook, Low Carb Diet Cookbook, Low Carb Cookbooks) Keto Bread Cookbook : (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating) Low Carb Slow Cooker Cookbook: Delicious Fat Burning Low Carb Slow Cooker Recipes (Low Carb Crockpot Cookbook Book 3) Low Carb Chicken Recipes: Easy And Delicious Low Carb Chicken Recipes (Low Carb Cookbook) Low

Carb: Proven Low Carb Homemade Cookbook That Will Help You Lose Weight Without Starving!
(Includes High Protein and Low Carb Winning Diet Recipes That Will Promote Rapid Weight Loss)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)