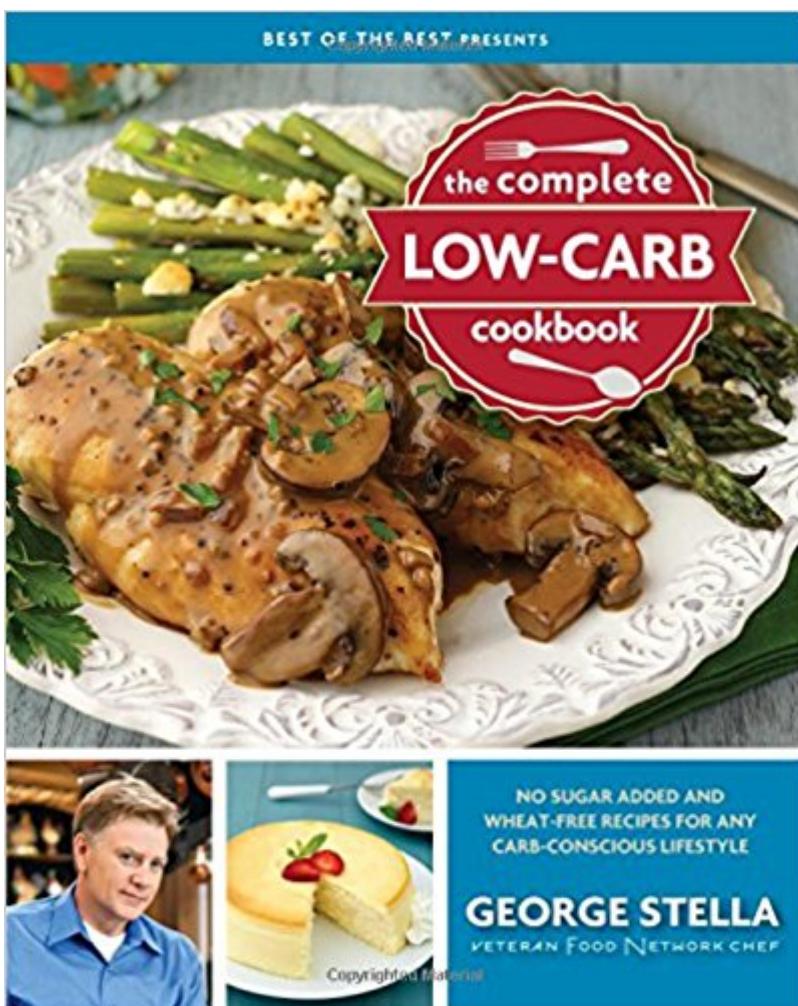


The book was found

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

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Customer Reviews

written by someone who has lived low carb for 15 years, has dessert, 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..

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