



Low-Carb Essentials: Everyday Low-Carb Recipes You'll Love to Cook (Best of the Best Presents)

George Stella

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Over 120 All-New Recipes with No White Flour and No-added Sugar

In *Low-Carb Essentials*, veteran Food Network chef George has created over 120 new recipes, providing the ultimate treat for anyone seeking a healthy diet incredible tasteful dishes that achieve weight-loss success. Whether you have been living a low-carb lifestyle for years, or are simply looking to eat less processed foods, this cookbook is for you! Over 60 full-color photos will help you present dishes that look as good as they taste. All recipes are made without any white flour or added sugar, making them gluten-free, and great for diabetics as well. Deliciously better!

George Stella's approach to cooking without processed foods makes *Low-Carb Essentials* a perfect companion to nearly any healthy lifestyle. Whether you eat low-carb all of the time, or are simply looking to cut down on refined flour and sugar, these recipes are full of flavor with a heaping helping of George's trademark ingenuity.

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From reader reviews:

John King:

Spent a free time to be fun activity to try and do! A lot of people spent their spare time with their family, or their very own friends. Usually they performing activity like watching television, going to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Could possibly be reading a book can be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to test look for book, may be the guide untitled Low-Carb Essentials: Everyday Low-Carb Recipes You'll Love to Cook (Best of the Best Presents) can be great book to read. May be it may be best activity to you.

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