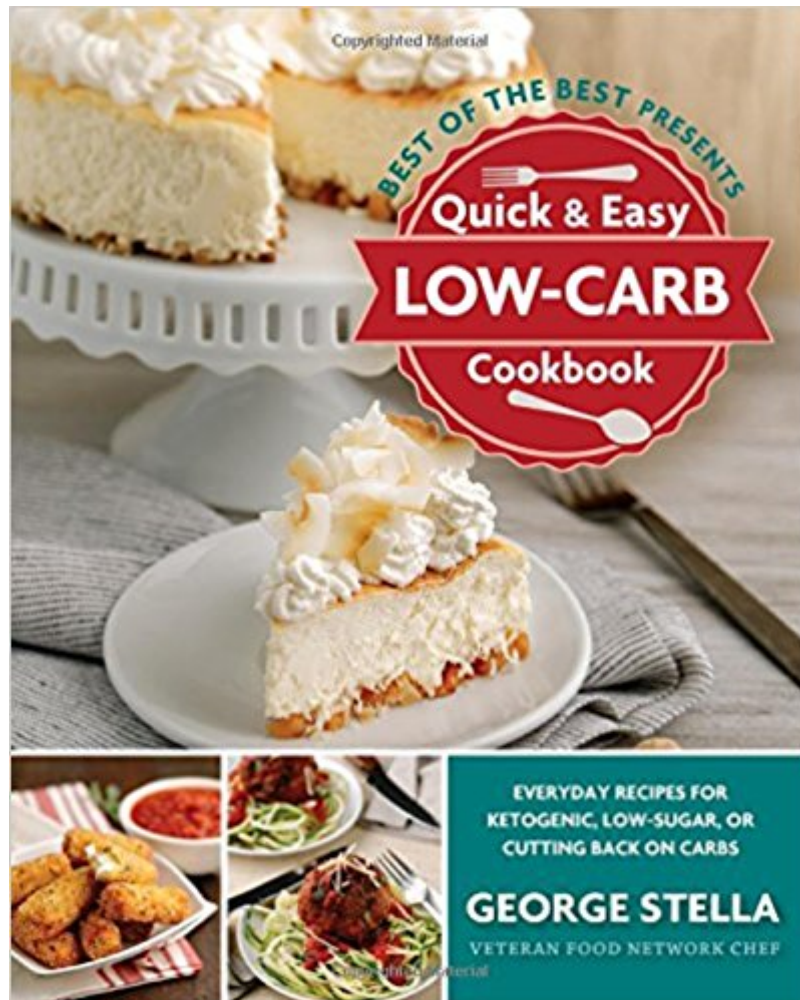


The book was found

Quick & Easy Low-Carb Cookbook (Best Of The Best Presents)



Synopsis

Whether you're eating paleo, ketogenic, gluten-free, or sugar-free, George's recipes are sure to fit your dietary needs. These recipes are so delicious, you won't believe they are low-carb and you'll love that they can be made quicker, easier, and with fewer ingredients than ever before! For those new to eating low-carb, George has included his Two-Day Challenge: stop eating processed and refined foods any two days a week, while getting into the habit of eating more fresh foods. If you can't give up carbs entirely, try cutting back! You might just discover that you don't even miss the carbs.

WHEAT-FREE NO-SUGAR-ADDED DESSERTS
GUILT-FREE APPETIZERS
EVERYDAY DINNERS & MORE

Book Information

Perfect Paperback: 224 pages

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Average Customer Review: 4.8 out of 5 stars 35 customer reviews

Best Sellers Rank: #20,831 in Books (See Top 100 in Books) #45 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #48 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #76 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

Customer Reviews

This is a great low-carb cookbook. I've made a few recipes so far and love them!

Trying to eat healthily, get ideas.

I love George Stella's new cookbook. I've got several of his books and the recipes are easy and tasty. I follow the Low Carb/High Fat lifestyle and with his cookbooks I've lost 67 in the last year. I count whole carbs instead of net carbs and he makes it easy to do with that info on every recipe. I would recommend this cookbook and any of his cookbooks to everyone who wants delicious food and a healthy lifestyle!

What a great cookbook! No weird ingredients, easy to make recipes, and tasty ideas. I've been eating low carb for awhile so I was looking for something to give me some new ideas. This definitely fits the bill.

I love the cookbook! Great recipes, nice photos and I think I would make probably 90- 95% of the recipes in it, which is way more than other low carb and any regular cookbooks I have ever purchased! Great deal! Nice job George!!

Great Seller who kindly notified me my item may arrive a little late, which I really appreciated! Also this is a very nice cookbook with delicious recipes, informative recommendations, and appetizing color food photo's, which I highly recommend.

Finally found the low carb cookbook holy grail! I had two low carb cookbooks before this that were mostly ingredients that you would have to buy at Whole Foods or even online health stores, and recipes that took a full day of prep work to make them "30 minute meals". 95% of the recipes actually looked like something I would want to eat, and super easy to make. So happy to have finally found this book, and plan on ordering more from this author. Highly recommend if you don't want pretentious meals with ultra hard-to-obtain ingredients. He keeps it real :)

This book has helped me to lose weight eat healthy with fun recipes and easy to follow. I am no expert cook, but I have been able to impress myself and others. Thank you George Stella and

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