

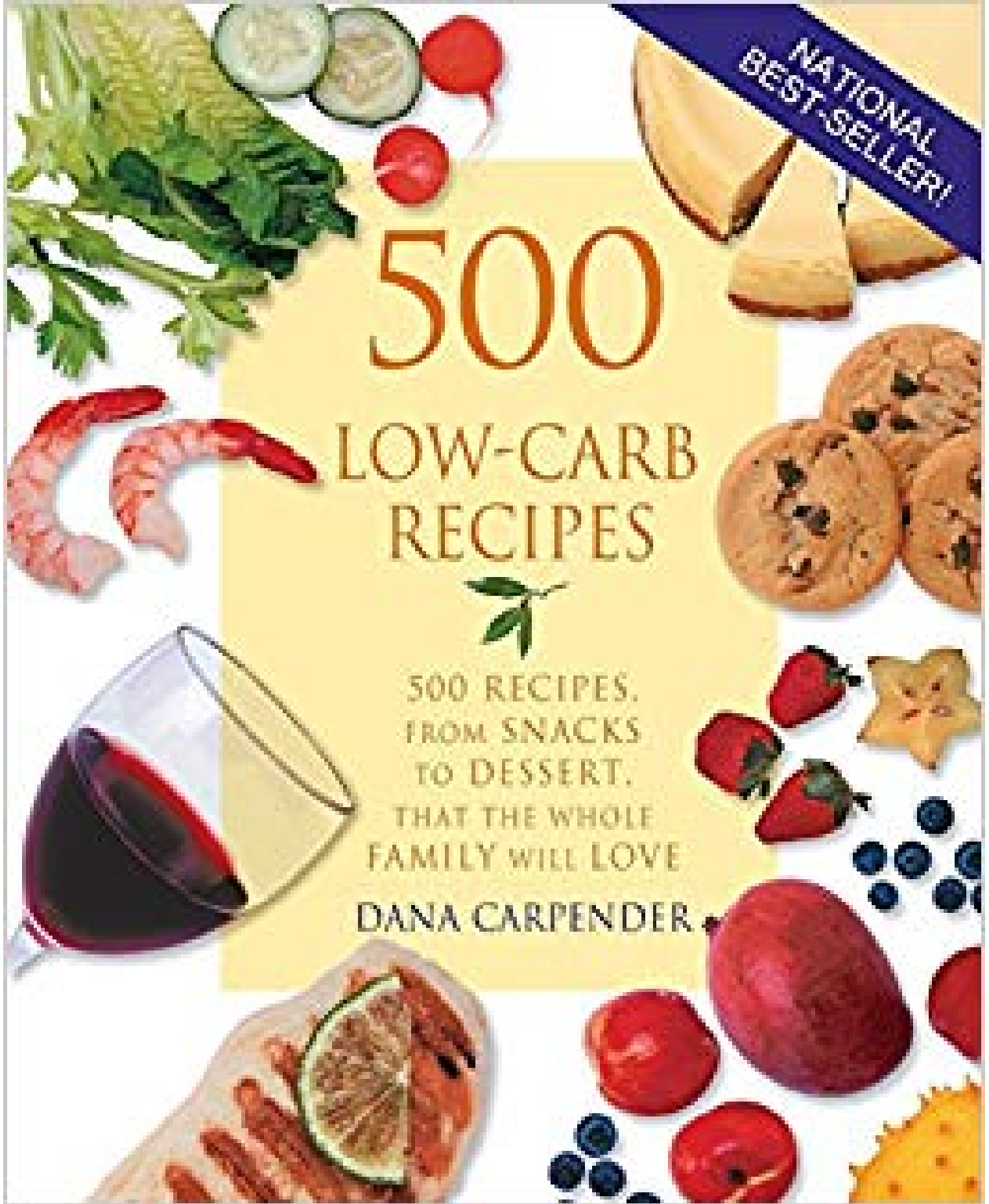
NATIONAL
BEST-SELLER!

500

LOW-CARB RECIPES



500 RECIPES,
FROM SNACKS
TO DESSERT.
THAT THE WHOLE
FAMILY WILL LOVE
DANA CARPENDER



Dana Carpender

500 Low-Carb Recipes: 500 Recipes, from Snacks to Dessert, That the Whole Family Will Love



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Whether everyone in the family members can be on a diet plan or not, these quality recipes are verified winners with adults and children alike. A recent NY Times Magazine (July 7, 2002) cover story answered this query and said that Dr. You can find more recipes for main dishes and side dishes than most low-carb dieters will ever be able to eat--everything from down-real estate cooking to ethnic fare; A whole chapter that lists and describes low-carb substitute ingredients such as fats and oils, flour substitutes, liquids, seasonings and sweeteners. Among the toughest problems of any diet plan is having enough range and choices to keep the dieter from losing interest. The most typical reason that people abandon their diet is boredom but 500 LOW CARB RECIPES: 500 Quality recipes, From Snack foods to Dessert, That everyone Will Love by Dana Carpender has more than enough recipes to keep even the most finicky dieter on track. With dishes for everything including hors d'oeuvres, snacks, breads, muffins, side meals, entrees, cookies, cakes and much more, that is an endless source for creating foods for your family night after night time. Low-fat or low-carb? Also included: Many one-dish foods for single people--primary dish salads, skillet suppers that include meat and vegetables, and hearty soups which are a full food in a bowl. Suggestions for breaking out of old ways of considering food with suggestions that save time and money and change what is considered a standard meal for breakfast, lunch and dinner. You can find enough recipes to generate the perfect menu for any vacation of the year--including Thanksgiving." Although government has spent vast sums of dollars in study trying to demonstrate that extra fat may be the cause of obesity, there has been a subtle change in the scientific consensus in the last five years supporting what the low-carb diet doctors have been saying all along: if we consume less carbohydrates, we will eventually lose weight and live much longer. from quick-and-easy weeknight foods to knock-their-socks off party food. Information about where to find low-carbohydrate specialty products and descriptions of low-carb specialty foods within grocery stores everywhere. Each one of the 500 quality recipes includes a carbohydrate count to help calculate the full total carb intake of each menu. Atkins was correct all along, "its not fat that makes us fats but carbohydrates. Dieters will become very happy to know that they are able to eat foods like guacamole, omelets, pizza, steak, ham and dessert without giving up great taste but still lose weight. 500 LOW CARB RECIPES may be the last cookbook any dieter will ever have to buy and certain to be used before binding is worn out!



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