

Copyrighted Material

BEST OF THE BEST PRESENTS

Quick & Easy

**LOW-CARB**

Cookbook



EVERYDAY RECIPES FOR  
KETOGENIC, LOW-SUGAR, OR  
CUTTING BACK ON CARBS

**GEORGE STELLA**

VETERAN FOOD NETWORK CHEF

George Stella

## Quick & Easy Low-Carb Cookbook (Best of the Best Presents)



[continue reading](#)

Whether you re eating paleo, ketogenic, glutenfree,or sugar-free, George's recipes are sure to fit your dietary requirements. If you can't quit carbs entirely, try reducing! You might just discover that you don t also skip the carbs. These recipes are therefore delicious, you won't believe they are low-carb and you'll love they can be made quicker, less difficult, and with fewer substances than previously! For those not used to taking in low-carb, George provides included his Two-Day Challenge: stop eating processed and refined foods any two days a week, while getting into the habit of consuming more fresh foods.WHEAT-FREENO-SUGAR-ADDED DESSERTSGUILT-FREE APPETIZERSEVERYDAY DINNERS & MORE



[continue reading](#)

Finally found an excellent low carbohydrate cookbook with real ingredients and an easy task to make recipes! What a great cookbook! Finally found the low carb cookbook ultimate goal! I acquired two low carbohydrate cookbooks before this which were mostly ingredients that you would need to buy at Entire Foods as well as online health stores, and quality recipes that took a complete day of prep work to create them "30 minute foods". ALL RECIPES ARE AN EASY TASK TO MAKE AND APPEARANCE AND TASTE GOOD. So happy to have finally discovered this book, and plan on ordering more out of this author. The dishes are easy to follow and taste great. He keeps it real :) I love George Stella's new cookbook I really like George Stella's brand-new cookbook. I've got several of his books and the recipes are easy and tasty.. I count whole carbs instead of net carbs and he makes it simple related to that info on every recipe. Essential bur for low carbers Discovered some easy low carb recipes. Love it!! No weird ingredients, easy to make quality recipes, and tasty ideas. I've been eating low carb for awhile therefore i was looking for something to give me some new concepts. This definitely fits the bill. Finally great recipes that I can enjoy! Another great cookbook from George! I must say i love that one because all the recipes are quick. I LOVE THE TRUTH THAT THE INGREDIENTS ARE AVAILABLE IN YOUR LOCAL GROCERY STORE. Just lists ingredient! If you are taking into consideration low carb this might be a great cookbook to start with, then I recommend getting most of his cookbooks. Thanks a lot George!! I really like this book because it cuts that out nonetheless it will it in a delicious and sensible way. Love this cookbook! I have all of George Stella's cookbooks but this by far is my favorite! Recommend unless you want pretentious meals with ultra hard-to-obtain substances. I highly recommend this cookbook even if you're not eating low-carb! An excellent purchase. All the recipes are appealing, I simply got the publication and have made 4 recipes! Great Book LOVE LOVE Like this bookm great dishes therefore much flavor too I LOVE THE FACT THAT THE INGREDIENTS CAN BE FOUND IN . I love this book I really like this book! . I follow the Low Carb/High Fat life style and with his cookbooks I've lost 67 within the last season.. I am no professional make, but I have been able to impress myself among others. has helped me to lose excess weight eat healthy with fun quality recipes and an easy task to follow This book has helped me to lose excess weight eat healthy with fun recipes and an easy task to follow. Many thanks George Stella and Amazon Delicious food Awesome cookbook with an easy task to follow recipes. You dont need to worry about trying to figure out where in fact the ingredients are I came across them at a regular supermarket no hunting them down. Another Great George Cookbook! Love this reserve! I am always looking for meals that are low carbohydrate, no sugar. These recipes are quick and delicious!! EASILY had only known! If I had only known, the 1st time I tried a minimal carb diet several years ago, that the meals could possibly be this delicious, I would have never stopped! George Stella is definitely a low carb warrior with pictorial proof that it really works. Such easy and great tasting recipes! Soon, I will have all his cookbooks. Easiest & most satisfying 17 pounds I've ever lost plus they are staying off! I would recommend this cookbook and some of his cookbooks to everyone who would like delicious food and a wholesome lifestyle! Great ideas I'd never have considered. Easy and healthy quality recipes... Challenge for certain.! I'm in my 40s, I'm a teacher and a mother of three young boys and I finally said I have to stop eating the way I have been eating!! So I may't remember the last period I bought a cookbook and I'm therefore happy I bought that one! I don't follow diets and I've never really had to worry an excessive amount of but I was feeling lethargic and had gotten in to the trap of eating increasingly more carbs and prepared white flour & glucose than I ever endured before. Took one celebrity off because there isn't an index, which would be helpful when buying recipe to use a specific primary ingredient. Wonderful pictures without headaches

recipes I'm in a position to make them in half an hour and also my picky eaters will eat the meals! Good recipes, no index Loved his approach and dishes. I'll be buying the additional books by this author. Missing Information It's ok. Have found several typing mistakes—like leaving out amount of ingredient to add. Love that the majority of them have pictures too. not intense and just is practical! Down to earth cooking food and things a lot of people currently have in the kitchen... MY GO TO COOKBOOK FOR KETO LOW CARB RECIPES. I'll probably make the majority of the dishes because each of them look and sound so excellent! 95% of the dishes actually appeared as if something I'd want to eat, and super easy to make. WOULD RECOMMEND.



[continue reading](#)

download free Quick & Easy Low-Carb Cookbook (Best of the Best Presents) e-book

download Quick & Easy Low-Carb Cookbook (Best of the Best Presents) ebook

[download Brain Flexers: Games and Activities to Strengthen Memory pdf](#)

[download Dementia Beyond Drugs: Changing the Culture of Care ebook](#)

[download Transitions in Dying and Bereavement: A Psychosocial Guide for Hospice and Palliative Care epub](#)