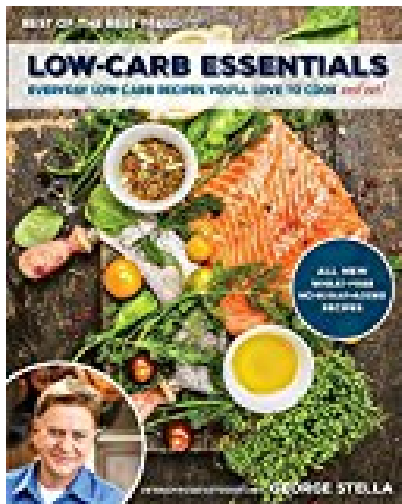


Low-Carb Essentials Cookbook

Everyday Low-Carb Recipes You'll Love to Cook Best of the Best Presents



BOOK DETAILS

- Author : George Stella
- Pages : 224 Pages
- Publisher : Quail Ridge Press
- Language : English
- ISBN : 1938879171

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BOOK SYNOPSIS

George Stella has utilized his cooking skills and experience to create a new collection of over 120 low-carb recipes, providing the ultimate treat for anyone seeking a healthy diet incredible tasteful dishes that achieve weight-loss success. These recipes, featuring fresh ingredients, are the dishes Stella and his family eat every day to achieve and maintain their amazing 560-pound weight loss total (see Introduction for more details). Low-Carb Essentials will provide all the guidance to maintain a healthy diet, and the exciting variety of recipes will delight and inspire everyone to enjoy the process.

LOW-CARB ESSENTIALS COOKBOOK EVERYDAY LOW-CARB RECIPES

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