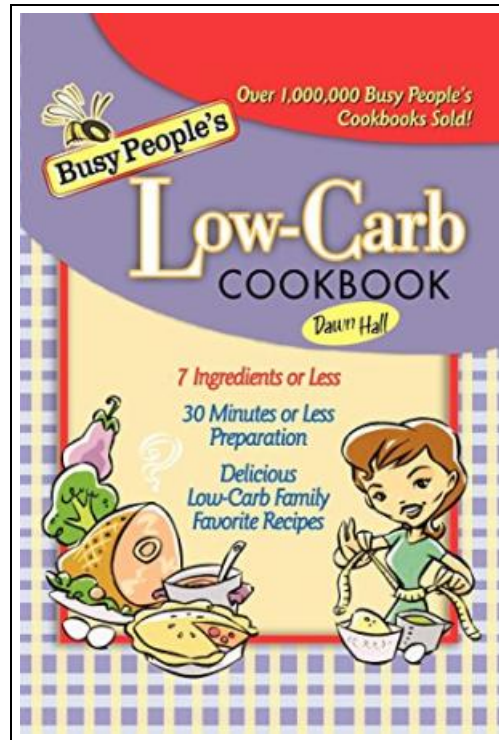


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Rutledge Hill Press,U.S., United States, 2009. Paperback. Condition: New. Language: English . Brand New Book. Finally, a low-carb cookbook for busy cooks. From the Introduction: Even though I was watching my diet, I was gaining weight. I discovered that I had been on a carbohydrate overload. Simply put, I was eating too many servings of processed simple carbohydrates. Eating fewer carbohydrates, especially sugary foods, along with eating more fiber has helped me feel healthier and become leaner. Contains over 200 recipes that: Have 7 ingredients or lessCan be prepared in 30 minutes or lessAre budget friendly and have been kitchen testedHave nutritional information Includes recipes for: Banana-Blueberry MilkshakeHam Cheese Pastry Roll-UpsCountry-Style Beef Vegetable Soup*Cajun Crab Skillet DinnerHawaiian PizzasChocolate Chip Cookies * Slow Cooker Recipe.



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