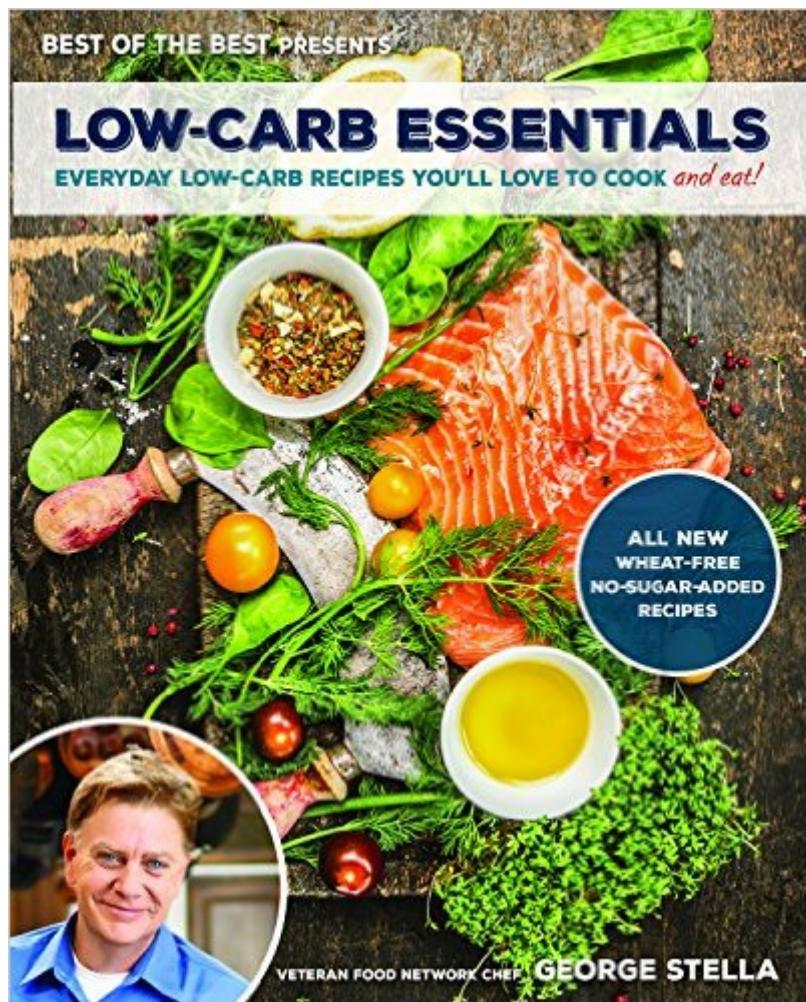


The book was found

Low-Carb Essentials Cookbook: Everyday Low-Carb Recipes You'll Love To Cook (Best Of The Best Presents)



Synopsis

Over 120 All-New Recipes with No White Flour and No-added SugarIn Low-Carb Essentials, veteran Food Network chef George has created over 120 new recipes, providing the ultimate treat for anyone seeking a healthy diet incredible tasteful dishes that achieve weight-loss success. Whether you have been living a low-carb lifestyle for years, or are simply looking to eat less processed foods, this cookbook is for you! Over 60 full-color photos will help you present dishes that look as good as they taste. All recipes are made without any white flour or added sugar, making them gluten-free, and great for diabetics as well. Deliciously better! George Stella's approach to cooking without processed foods makes Low-Carb Essentials a perfect companion to nearly any healthy lifestyle. Whether you eat low-carb all of the time, or are simply looking to cut down on refined flour and sugar, these recipes are full of flavor with a heaping helping of George's trademark ingenuity.

Book Information

Perfect Paperback: 224 pages

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Average Customer Review: 4.9 out of 5 stars (See all reviews) (48 customer reviews)

Best Sellers Rank: #37,678 in Books (See Top 100 in Books) #84 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #119 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate #688 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

One of my favorite low carb cookbooks and I have collected a lot over the years! Every recipe I have tried has turned out perfectly and delicious! Buy it if you need motivation to stick to a low carb diet. It's a delicious diet to be on. I am going to buy George Stella's books in the future. It's recognizable food and easy to make.

I bought this cookbook from QVC when it was first available, I'm now back to buy another one!! All

of Mr. Stella's books are fabulous and each one gets better and better!!! So far I have made his Cheesy Grits and they were awesome!!! That is going to be one of my go-to's for any time of the day. I have also made the Struesel Blueberry Muffins. Knocked it outa the park!! I shared them at work with my 3 lunch buddies and they were amazed. Today I made Kung Pao chicken and it was awesome. I will definitely be making that again and again. All of George's books are packed full of information on living a healthy, low carb lifestyle. Almost every recipe in the book comes with full color pictures that make you want to lick the pages. There are no "funky" ingredients in any of the recipes. Everything can be bought at almost any grocery store. I have every cookbook that George has ever written, and I must say, they just keep getting better and better. The very first book he ever wrote, is literally falling apart, I've used it so much. so that's why I'm back to buy another one, one to put up and save! Thank you George for your inspiration!! and for the fabulous recipes. Keep 'em coming!!!!

I do own several of Mr. Stella's book. I have tried more than a few of his recipes. As any book or recipe, I use it as a guide only, never, in my opinion, written in stone! He has all the recipes by the type of meal he thinks it should fit in, breakfast, lunch, dinner, appetizers, deserts, which is fine, but the ONLY reason I gave this book 4 stars is if you want to find a recipe you were interested in later, it is hard to find unless you recall what section he had it categorized in, and exactly what he called it. Indexing by ingredient would be helpful. this is still a very good book, as the others of his I have seen, but could be made easier to use.

We love George Stella in our house. We have lost 140lbs plus between the both of us with low carb cooking. All the recipes are easy and you would never know they are "diet".

Love the fact that a lot of the recipes are easy to make and don't require buying a lot of strange ingredients. Also like that so many are high in fat and moderate in protein.

I have all of George Stella's low carb cookbooks and this one is fantastic, new recipes and updates to older ones, great book! I love that George Stella is a gourmet chef who writes a fantastic cookbook, interesting meals and easy to follow.

This is an excellent cookbook with easy to follow directions. I made several of the chicken dishes which received rave compliments.

Every recipe I've made from this book has been incredible--not just good; incredible! I'm so impressed and will continue to buy this chef's books in the future!

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