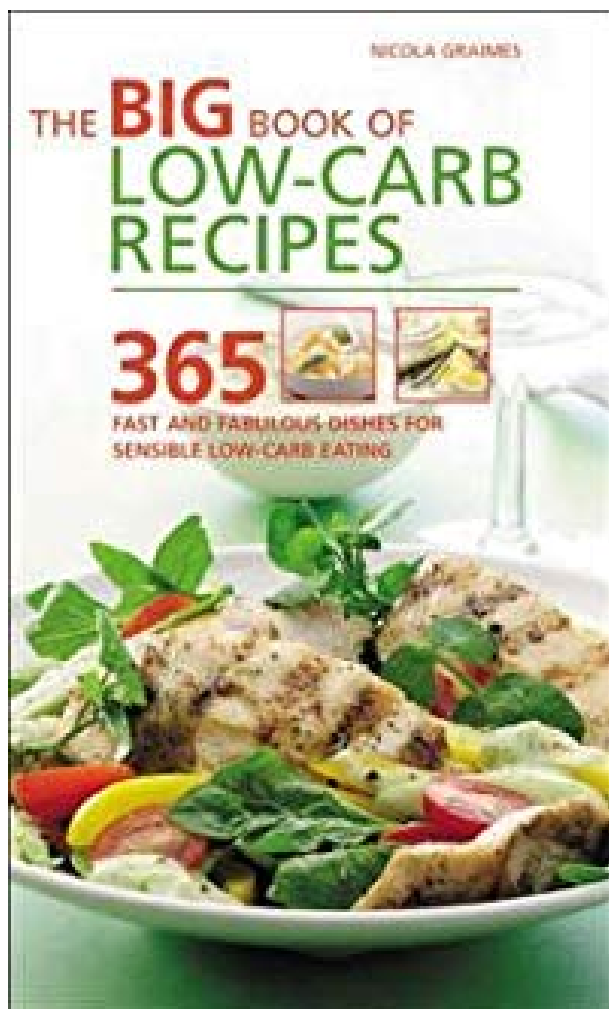


The Big Book Of Low Carb Recipes



Published:	April 15th 2005 by Not Avail
ISBN10:	1844831388
Language	English
ISBN13:	9781844831388
Goodreads Rating:	3.57
Author:	Nicola Graimes
Genre:	Food and Drink

[The Big Book Of Low Carb Recipes.pdf](#)

[The Big Book Of Low Carb Recipes.epub](#)

"The Big Book of Low-Carb Recipes is an essential tool for anyone who is interested in slimming or maintaining a healthy weight by cutting down on carbs.

By focusing on carbohydrates derived from unrefined foods and eating these in controlled amounts, you can keep blood sugar levels steady, have heaps more energy, and feel full for longer - key factors in successful weight loss and staying slim." The Big Book of Low-Carb Recipes brings you 365 delicious, contemporary recipes, and a safe and responsible blueprint for low-carb eating every day of the year.