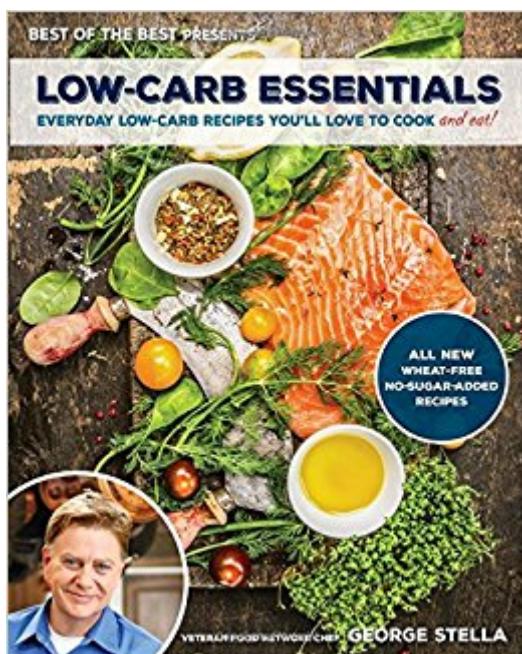


The book was found

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

Publisher: Quail Ridge Press; 1 edition (January 22, 2016)

Language: English

ISBN-10: 1938879171

ISBN-13: 978-1938879173

Product Dimensions: 8 x 0.7 x 10 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 82 customer reviews

Best Sellers Rank: #85,211 in Books (See Top 100 in Books) #120 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #221 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate #1091 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

George Stella is the leading name in low-carb cooking. His low-carb cookbooks are well known not only for inspiring millions of people to lose weight with his family s amazing weight-loss story, but also for how they did it: by cooking and eating great recipes made from easy-to-find fresh foods that anyone can get in their local supermarket. His down-to-earth voice and love of comfort foods have put his books at the very top of every health-conscious person s cookbook collection.

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

I like the recipes since I'm good cooking with low GI but had to learn cooking with low net carbs. That's a totally different ball game and this book is a winner. When I compared the calories from the book with my app (MyNetDiary), I was a bit baffled. For example, the Salsbury Steak Marsala has 460 cal. in the book, but when I entered the recipe on the app. the serving came up as 656 cal. That's quite a difference, for this recipe over 42% more cal. So, I'm not quite sure who's right? But, now I feel like I may need to double check all recipes.

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 outta 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 loved the recipes, very tasty. A very good low carb cookbook.

What can I say....his cookbooks are amazing. Everything I have mad so far my family loves even my kid. Yes you do have to take some time to prepare but in the end it is well worth it.

Absolutely love all of George Stella's books....just simply great everyday recipes.....

What I have made so far has been very good. The low carb desserts were really good and easy to make

Love it. Really great recipes. Can't wait to try them all.

[Download to continue reading...](#)

Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low-Carb Essentials Cookbook: Everyday Low-Carb Recipes You'll Love to Cook (Best of the Best Presents) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb: In 20 Minutes - Over 60 Easy One Skillet Recipes in 20 Minutes Or Less (Low Carb Cookbook, Low Carb Diet Cookbook, Low Carb Cookbooks) Keto Bread Cookbook : (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes)

Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating) Low Carb Slow Cooker Cookbook: Delicious Fat Burning Low Carb Slow Cooker Recipes (Low Carb Crockpot Cookbook Book 3) The Everyday Low-Carb Slow Cooker Cookbook: Over 120 Delicious Low-Carb Recipes That Cook Themselves

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)