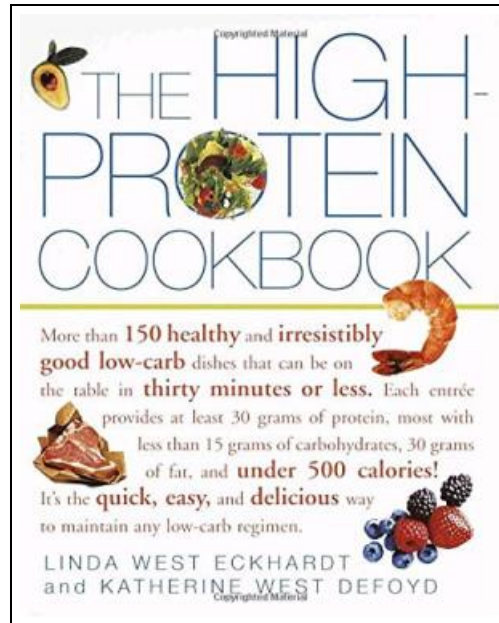


## The High-protein Cookbook: More Than 150 Healthy and Irresistibly Good Low-carb Dishes That Can be on the Table in Thirty Minutes or Less (Paperback)



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### **Reviews**

*Basically no terms to explain. I have read and so i am certain that i will gonna go through once again once more in the future. I realized this ebook from my dad and i encouraged this book to discover.*  
**(Forest Little)**

## THE HIGH-PROTEIN COOKBOOK: MORE THAN 150 HEALTHY AND IRRESISTIBLY GOOD LOW-CARB DISHES THAT CAN BE ON THE TABLE IN THIRTY MINUTES OR LESS (PAPERBACK)



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Random House USA Inc, United States, 2008. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. End food boredom and diet burnout with more than 400 sophisticated, low-carbohydrate dinners that are bursting with flavor--and on the table in under 30 minutes! Hundreds of thousands have embraced the low-carbohydrate lifestyle finding that a diet based on lean protein, fruits, and vegetables and less dependent on simple carbohydrates has helped them look and feel better. But a monotonous menu of steak and salad or expensive, additive-laden prepared foods has been the undoing of many a successful diet regimen. The solution? Linda West Eckhardt and Katherine West DeFoyd have devised more than 100 protein-rich, low-carbohydrate dinners that will satisfy even the most demanding diners. Drawing on their experiences as award-winning cookbook authors, Eckhardt and DeFoyd have developed a tempting range of high-protein meals that are quick enough to make on a weeknight but elegant enough to share with guests -- and so delicious they ll never know they ve been shortchanged on carbohyd rates, fat, and calories. Each entree in The High-Protein Cookbook \* Provides at least 30 grams of protein, yet is light on fat and calories. \* Is styled for two people but can easily be doubled or tripled \* Uses short lists of fresh, healthful ingredients \* Is based on simple cooking techniques requiring no special equipment \* Avoids artificial products and flavorings \* Contains reasonable amounts of high-quality protein balanced by ample servings of vegetables and fruits With chapters devoted to side dishes and salads, sauces and condiments, and even sinfully satisfying desserts that won t break the carbohydrate bank, The High-Protein Cookbook is the perfect companion to many...



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