



The Top 100 Low-Carb Recipes: Quick and Nutritious Dishes for Easy Low-Carb Eating

By Nicole Graimes

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Top 100 Low-Carb Recipes: Quick and Nutritious Dishes for Easy Low-Carb Eating, Nicole Graimes, "The Top 100 Low-Carb Recipes" is the essential tool for anyone who is interested in controlling their weight by cutting down their intake of carbohydrates. And if you thought that a low-carb lifestyle meant eating unlimited amounts of unhealthy, fatty foods, then think again! The key to success is eating the right type of carb alongside good sources of protein and fat. By focusing on unrefined carbohydrates and eating these in carefully controlled amounts you can keep blood sugar levels steady, have heaps of energy, and feel fuller for longer. Featuring innovative, delicious and nutritionally balanced dishes, this varied collection of 100 recipes from all over the world provides a safe and responsible blueprint for low-carb eating."



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