

Carb Charts - Low Carb Reference

CARB CHARTS

Low Carb Reference Series



Carb counts for
veggies, meats, even
cocktails and liquor!

BOOK DETAILS

- Author : Lisa Shea
- Pages : 98 Pages
- Publisher : lulu.com
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LISA SHEA

BOOK SYNOPSIS

Baking has been a traditional way of making food for thousands of years. These 28 recipes will get you started on the path of developing your own rich array of delicious, healthy baking recipes! The recipes work fine both in the traditional, large kitchen stove as well as in the energy-efficient countertop toaster oven versions. Whatever works for your lifestyle, you can select from a variety of snacks, main dishes, and desserts to maintain your low carb / low sugar lifestyle. Start your afternoon out with delicious stuffed mushrooms as an appetizer. For dinner choose from a light quiche, a comfort-food meatloaf, or an elegant garlic chicken. Dessert comes in a variety of forms, from apple pie to cheesecake, from pecan meal cookies to pumpkin seeds. In addition to the recipes, all of my low carb books provide appendices which explain how to successfully manage a low carb diet. Let me know if you have any questions! I frequently update all my low carb books based on your recommendations.

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