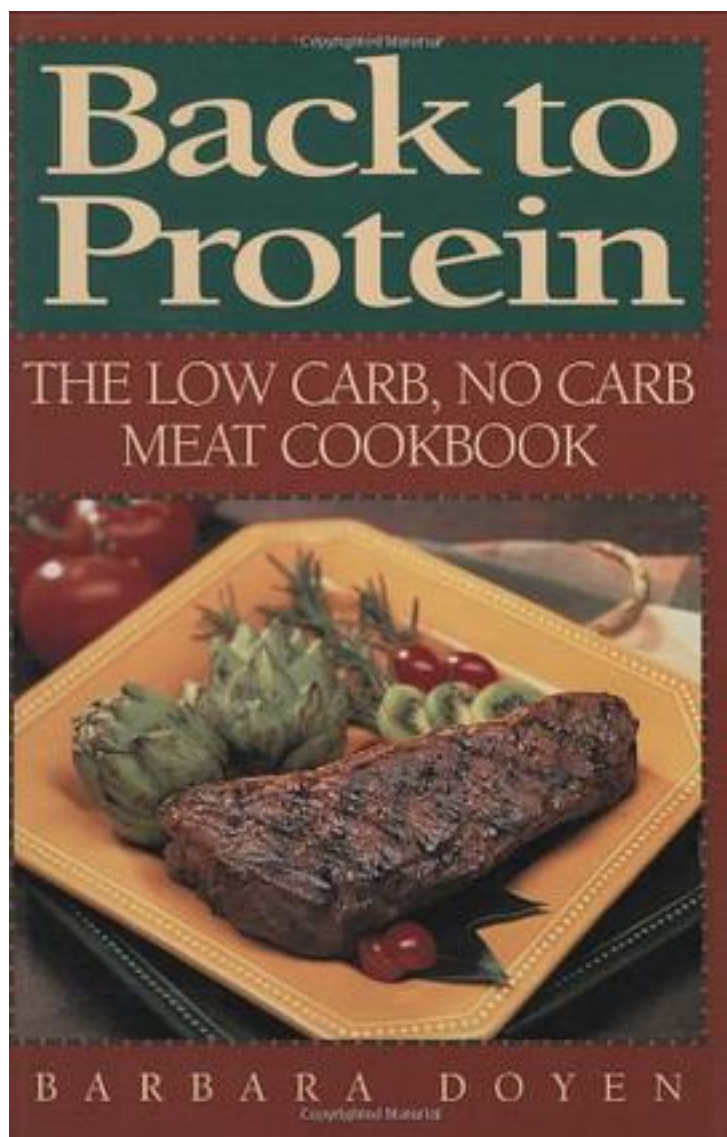


Back to Protein



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On a protein-based diet but bored with the same plain meat dishes? Hate giving up the foods you love? Back to Protein shows you how to have all the great taste without the carbs. With more than 450 protein recipes, this is the most complete protein cookbook ever written! You can make fantastic: Lasagna-without pasta

Pizzas-without the crust

Chicken Enchilada-without the shells

Quiche-without the crust

Beef Stroganoff-without noodles

Crusted Beef Wellington-without pastry

Sloppy Joes-without a sugar sauce

Taco salad meat-without a packaged mix

"BLT" Chicken-without the bread

Chimichangas-without tortillas

Crunchy Chicken Breast Strips-without the breading There are over 40 recipes for burgers! Over 27 ground beef dishes! 13 beef stews! 14 beef roasts! 48 steak recipes! 59 pork! 95 chicken! 29 turkey! 53 fish and seafood! 20 lamb! 22 exotic recipes using alligator, bison, etc., plus many others, including numerous variations. All high-energy, no- or very low-carbohydrate recipes with: No sugar

No refined flour

No artificial sweeteners (except for two recipes) If you are looking for hundreds of new ways to prepare protein, this book is for you!

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