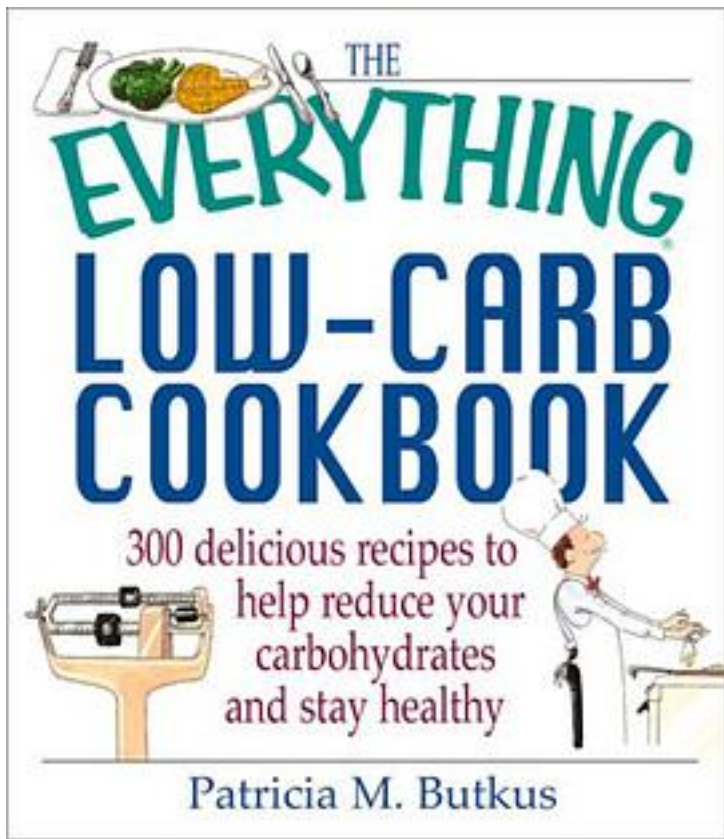


The Everything Low-Carb Cookbook



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著者:Patricia M. Butkus

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Book Description 300 fabulous recipes to help you jumpstart your weight loss plan! Are you one of the millions of people who continue to struggle with an addiction to high-carb, high-sugar meals and snacks? If so, The Everything® Low-Carb Cookbook presents healthy and delicious alternatives to your favorite pasta, bread, cookie, and cake recipes. Featuring hundreds of easy-to-prepare dishes from Marinated Grilled Steak Strips to Chicken Skewers with a Spicy Island Marinade, The

Everything® Low Carb Cookbook is the only cookbook you need to reduce your carbohydrate intake. The book not only rates recipes as low- to no-carb and low- to moderate-carb, The Everything® Low Carb Cookbook helps you create the perfect meal suited to your specific dietary needs and tastes. Featuring: ·Dinner recipes with an Italian flair, such as Chicken Cacciatore ·Asian meals, such as Beef Teriyaki with a Mixed Vegetable Stir-fry ·Entrée salads, such as Arugula Salad with Grilled Beef Medallions ·Sumptuous stews, such as Pacific Coast Seafood Stew ·Fabulous omelets for breakfast flavor, such as the Crabmeat Omelet ·Full meals for holidays, such as Thanksgiving, Hanukkah, New Year’s Eve, Christmas Day, and 4th of July Including dietary information such as calorie counts, fat grams, carbohydrates, and proteins for each recipe, The Everything® Low Carb Cookbook will have you serving up and slimming down in no time! About the Author Patricia M. Butkus is the head chef and owner of Fritz & Zoe’s Inc., a catering establishment serving Chicago’s North Shore and Gold Coast area. She has worked in the test kitchens for cookbook author and food writer Abby Mandel. Ms. Butkus is a graduate of the Culinary Arts Program of Kendall College and a member of the National Caterer’s Association. She lives in Chicago, Illinois.

作者介绍:

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