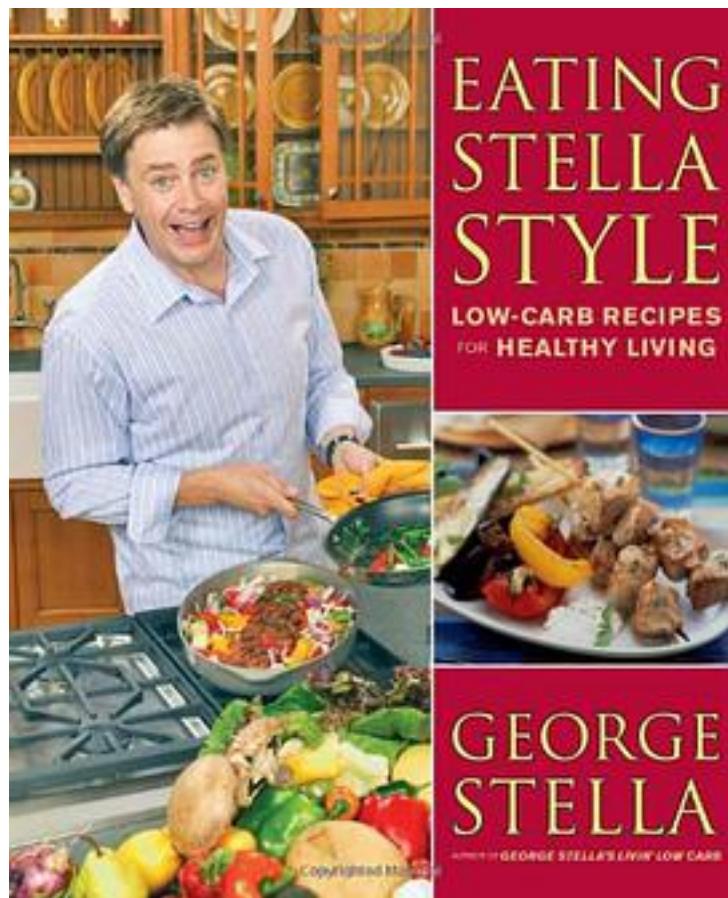


Eating Stella Style



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著者:Stella, George/ Stella, Christian

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Professional chef George Stella serves up a feast of inspiration and 125 delicious recipes to kick-start any weight-loss plan. George Stella lost more than 250 pounds on a low-carb eating plan and has turned thousands of fans on to Stella Style -- eating fresh, natural foods prepared with minimum effort for maximum taste. In "Eating Stella Style,"

" he shows readers how to tailor his recipes to fit any personalized weight-loss plan, whether it's low carb, low fat, or low calorie. He inspires even the most jaded dieters to begin a new eating lifestyle and shows them how to stay on track. But "Eating Stella Style" is really about mouthwatering recipes: How does a Hot Ham and Cheese Egg Roll sound for breakfast? Or Strawberry and Mascarpone Cream Crepes, Stella Style Baked Eggs Benedict, or Coconut Macaroon Muffins? For lunch or dinner, choose Grilled Portabella and Montrachet Salad, Wood-Grilled Oysters with Dill Butter, Kim's Stuffed Chicken Breasts with Lemony White Wine Sauce, Shaved Zucchini Parmesan Salad, or Spaghetti Squash with Clams Provencal Sauce. Satisfy your snack cravings with Better Cheddar Cheese Crisps, Devilish Deviled Eggs with Tuna, or Cheesy Pecan Cookies. And for dessert, try Pumpkin Pound Cake, Lemon Meringue Pie, Honeydew and Blackberry Granita, or Chocolate Pecan Truffles. Perfect for both devoted "Stella Style" fans and new converts, "Eating Stella Style" will tempt you with tasty, flexible recipes that satisfy everyone

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目录:

[Eating Stella Style 下载链接1](#)

标签

评论

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