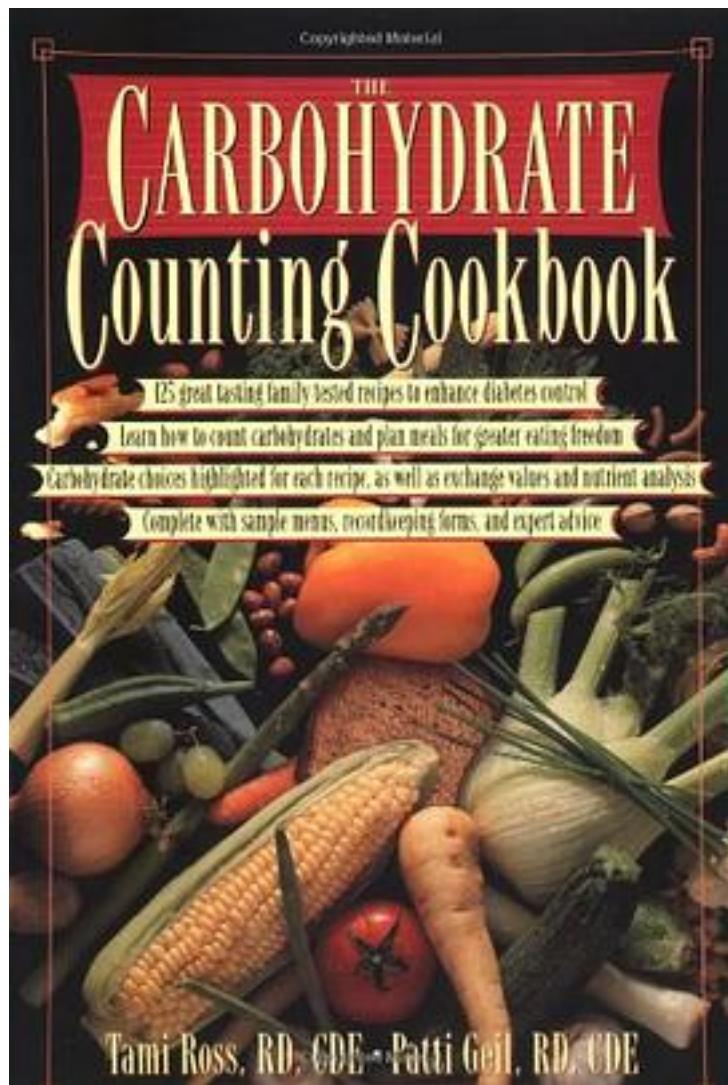


The Carbohydrate Counting Cookbook



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出版者:Wiley

出版时间:1998-5-6

装帧:Paperback

isbn:9780471346715

The Carbohydrate Counting Cookbook A cookbook you can count on. This innovative cookbook makes it easy to use the carbohydrate counting meal planning method and enjoy greater freedom in your food choices. Each delicious recipe includes the number of carbohydrate choices and grams of carbohydrate per serving, taking the guesswork out of portion sizes and carbohydrate amounts. You'll also find sample menus that help you keep your carbohydrate intake consistent from day to day. The whole family will love the recipes for beverages, appetizers, breads, salads, entrees, side dishes, and desserts. Savory selections include: Pumpkin Spice Muffins Italian Artichoke Dip Western Style Chicken Pizza Dijon Basted Pork Tenderloin Brown Sugar Butternut Squash Cream Filled Chocolate Cupcakes This book is specially bound to stay flat while using.

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