

# Busy People's Low Carb Cookbook



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著者:Hall, Dawn

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"Busy People's Low Carb Cookbook" is the answer for everyone who wants to embrace the low-carb lifestyle but still wants enough variety to stay on the program and keep everyone happy. Dawn Hall takes low carb beyond steak and broccoli and bacon and eggs to a full line of dishes for every meal. From creative egg casseroles for breakfast to an elegant and easy dinner perfect for company, this is the cookbook to make low-carb livable. Using her signature 7 ingredients or less and 30 minutes or less preparation plan, Hall meets the needs of every time-stressed cook concerned with feeding a hungry family, and watching their waistlines.

作者介绍:

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