

# Busy People's Low Carb Cookbook



[Busy People's Low Carb Cookbook\\_下载链接1](#)

著者:Hall, Dawn

出版者:

出版时间:2005-5

装帧:

isbn:9781401605155

"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:

目录:

[Busy People's Low Carb Cookbook\\_下载链接1](#)

标签

评论

-----  
[Busy People's Low Carb Cookbook\\_下载链接1](#)

书评

-----  
[Busy People's Low Carb Cookbook\\_下载链接1](#)