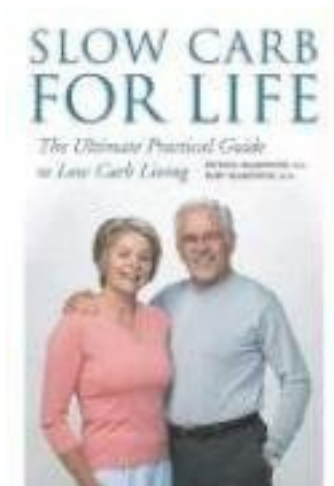


# Slow Carb for Life



[Slow Carb for Life 下载链接1](#)

著者:Haakonson, Harv

出版者:

出版时间:

装帧:

isbn:9781550226805

From shopping lists to tips for reading labels and from customizing for vegetarians to how to eat low-carb on the road, in restaurants, and at friends' homes, this book offers a balanced diet of (s)low-carb, nutritious, and delicious food in normal-sized portions with the promise of a trimmer physique, increased energy, and lower cholesterol and blood pressure. What makes this low-carb eating plan slow-carb is that it allows individuals the flexibility and variety that other low-carb diets prohibit. The approach is based on four years of personal trial and error by the authors, hard science, sound research, and feedback from thousands of readers who have offered personal experience and testimonials to customize the program. Simple but comprehensive explanations are presented on the body's metabolism and its use of carbohydrates and fats, and creative and customized solutions are outlined for specific diet and exercise problems. More than 150 recipes for breads, desserts, holiday fare, and other tasty treats are included along with 40 pages of food listings with their carbohydrate counts.

作者介绍:

目录:

[Slow Carb for Life\\_ 下载链接1](#)

标签

评论

-----  
[Slow Carb for Life\\_ 下载链接1](#)

书评

-----  
[Slow Carb for Life\\_ 下载链接1](#)