



The Carbohydrate Addict's Cookbook: 250 All-New Low-Carb Recipes That Will Cut Your Cravings and Keep You Slim for Life

Richard F. Heller, Rachael F. Heller

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#1 New York Times bestselling authors of The Carbohydrate Addict's LifeSpan Program and The Carbohydrate Addict's Diet

Lose weight and cut your cravings with the first cookbook from the world's #1 authorities on carbohydrate addiction and weight loss

With 250 all-new mouthwatering low-carb recipes from Drs. Richard and Rachael Heller, the #1 New York Times bestselling authors and pioneers in carbohydrate-smart dieting, it is now easier than ever to shed those extra pounds permanently. Unlike many low-carb and low-fat cookbooks, which skimp on taste, The Carbohydrate Addict's Cookbook seizes on the dynamic flavors of a rich crop of foods, from tasty appetizers and hearty soups to succulent seafood and sinfully delicious salads, from vegetarian alternatives to traditional, down-home beef and poultry dishes and easy-to-make breakfasts. With a special section on "Quick Fix Dishes and Snacks," this is the one low-carb cookbook you will rely on every day.

?Herbed Cheese Dip ? Hearty Breakfast Quiche ? Mushrooms Allegro
?Dijon Creme in Salmon Rolls ? Curried Eggs ? Baked Buffalo Wings
?Beefy Cream Cheese Roll-Up ? Breakfast Delhi Delight ? Peking Stir-Fried Beef
?Far East Beef Teriyaki ? Paprika Pork Chops ? Shanghai Pork Roast ? Spicy Chicken
?Chicken Breast Apollo ? Country Baked Chicken ? Chicken in Cream Sauce
?Crustless Chicken Pot Pie ? Breakfast Pockets ? Island Lime Chicken
?Curried Basil Chicken ? Baked Salmon with Herbs ? Bounty of the Sea
?Steamed Mussels Peppercorn ? Cheesy Broccoli Casserole
?Manhattan Mushroom Salad ? Far East Tofu
?"Ham" and Cheese with Tofu ? Parsley Buttered "Steaks"

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Billy Migliore:

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Loren Hatmaker:

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