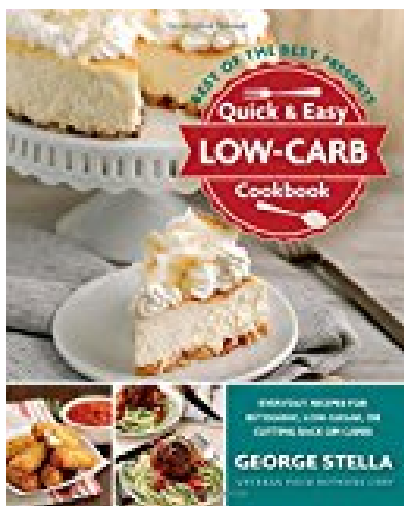


# Quick & Easy Low-Carb Cookbook Best of the Best Presents



## BOOK DETAILS

- Author : George Stella
- Pages : 224 Pages
- Publisher : Quail Ridge Press
- Language : English
- ISBN : 1938879236



## BOOK SYNOPSIS

Whether you're eating paleo, ketogenic, gluten-free, or sugar-free, George's recipes are sure to fit your dietary needs. These recipes are so delicious, you won't believe they are low-carb and you'll love that they can be made quicker, easier, and with fewer ingredients than ever before! For those new to eating low-carb, George has included his Two-Day Challenge: stop eating processed and refined foods any two days a week, while getting into the habit of eating more fresh foods. If you can't give up carbs entirely, try cutting back! You might just discover that you don't even miss the carbs.

### **QUICK & EASY LOW-CARB COOKBOOK BEST OF THE BEST PRESENTS -**

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