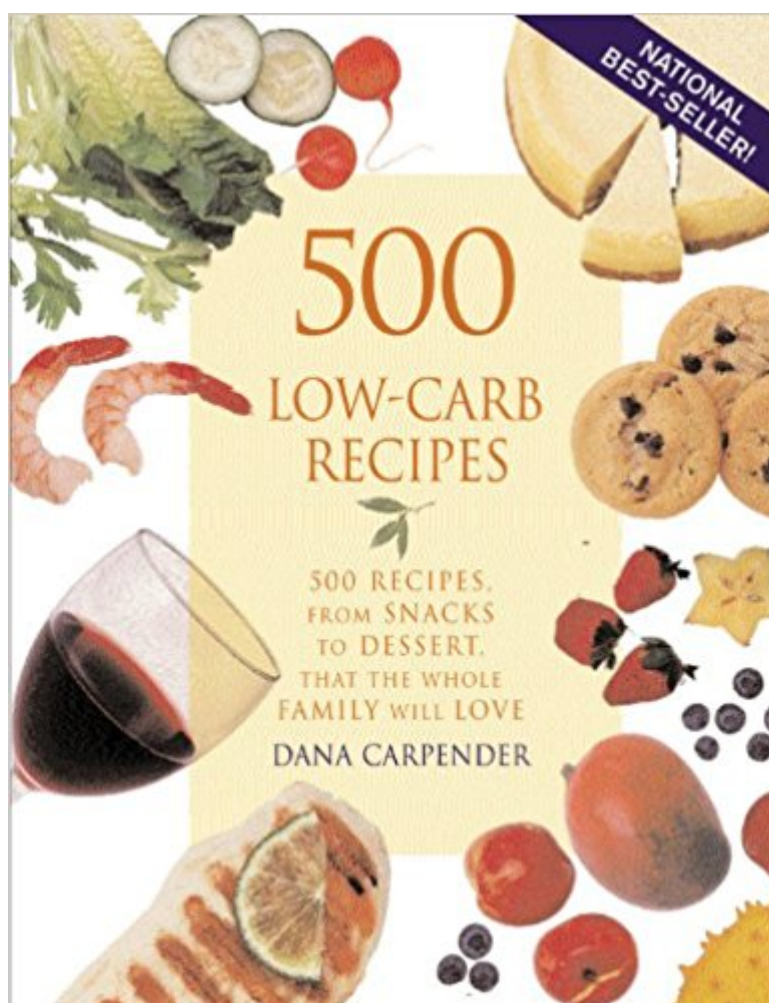


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# 500 Low-Carb Recipes: 500 Recipes, From Snacks To Dessert, That The Whole Family Will Love



## Synopsis

Low-fat or low-carb? A recent New York Times Magazine (July 7, 2002) cover story answered this question and said that Dr. Atkins was right all along, "its not fat that makes us fat but carbohydrates." Though the government has spent hundreds of millions of dollars in research trying to prove that fat is the cause of obesity, there has been a subtle shift in the scientific consensus over the past five years supporting what the low-carb diet doctors have been saying all along: if we eat less carbohydrates, we will lose weight and live longer. One of the toughest challenges of any diet is having enough variety and choices to keep the dieter from losing interest. The most common reason that people abandon their diet is boredom but 500 LOW CARB RECIPES: 500 Recipes, From Snacks to Dessert, That the Whole Family Will Love by Dana Carpender has more than enough recipes to keep even the most finicky dieter on track. With recipes for everything including hors d'oeuvres, snacks, breads, muffins, side dishes, entrees, cookies, cakes and much more, this is an endless supply for creating meals for the whole family night after night. Whether everyone in the family is on a diet or not, these recipes are proven winners with adults and kids alike. Also included: Many one-dish meals for single people--main dish salads, skillet suppers that include meat and vegetables, and hearty soups that are a full meal in a bowl. Ideas for breaking out of old ways of looking at food with suggestions that save time and money and change what is considered a normal meal for breakfast, lunch and dinner. Information about where to find low-carbohydrate specialty products and descriptions of low-carb specialty foods found in grocery stores everywhere. An entire chapter that lists and describes low-carb substitute ingredients such as fats and oils, flour substitutes, liquids, seasonings and sweeteners. Dieters will be pleased to know that they can eat foods like guacamole, omelets, pizza, steak, ham and dessert without giving up great taste and still lose weight. There are enough recipes to create the perfect menu for any holiday of the year--including Thanksgiving. Each of the 500 recipes includes a carbohydrate count to help calculate the total carb intake of each menu. There are more recipes for main dishes and side dishes than most low-carb dieters will ever be able to eat--everything from down-home cooking to ethnic fare; from quick-and-easy weeknight meals to knock-their-socks off party food. 500 LOW CARB RECIPES is the last cookbook any dieter will ever need to buy and certain to be used until the binding is worn out!

## Book Information

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## Customer Reviews

Dana Carpender is a pioneer of the low-carb movement and a bestselling author of over 14 cookbooks, including *1001 Low-Carb Recipes*, *500 Paleo Recipes*, *15-Minute Low-Carb Recipes*, *The Low-Carb Diabetes Solution Cookbook*, *200 Low-Carb, High-Fat Recipes*, *The Low-Carb Diabetes Solution*, *the Insulin Resistance Solution*, *500 Ketogenic Recipes* and many more. To date her books have sold over a million copies worldwide. She writes about low-carb cooking and nutrition on her Facebook page, Dana Carpender's Hold the Toast Press. She lives in Bloomington, Indiana with her husband and a menagerie of pets, all of whom are well and healthily fed.

Received the cook book today and have read thru most of it. It looks alright, but nothing special. None of the soups look like anything my hubby or I would be interested in trying. Disappointed, too, in baking recipes. I probably will try some of the meat & veggie recipes though. The recipes are okay and varied. This book would probably be great for someone who is just starting out on low carb.,

This book is packed with new and easy to make recipes. I am very impressed. As someone who cooks daily, it was amazing to find new and simple items. It is literally geared towards the entire family. I don't cook separate meals for my children, but I am cutting carbs on myself. I love how these recipes provide balance. I would buy this again, and even give as a gift.

I like this cookbook. The recipes are easy to follow and they don't contain a zillion weird ingredients. There is a Nutrition guide for each recipe. My only issue is I prefer a cookbook that has photos of

the finished product. Other than that, it's great.

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Lot of good recipes here. Don't know which to try next.

Just when I think I can't think of anything else to make for dinner that will fit into my low carb lifestyle, I purchased this book. It was the best investment I could make in my low carb lifestyle. The recipes are pretty easy and there are tons of great ideas. She also has many diversified recipes, I already made the Indian Cabbage and the Spinach Paneer, the chocolate cheesecake and a few others. I must say the dishes were not gourmet but they taste pretty good for low carb cooking. I will continue to reach for the book when I am out of ideas and tailor the recipes to my tastes, the cookbook is worth the money and I think you will like it too.

This book contains many great recipes for a variety of different dishes. However, there are some very annoying errors. I was just making the Sunshine Cheesecake only to find there is no oven temperature included and you can't really use other recipes as they vary in temp from 300 to 375 and none have the same mix of ingredients. I've also found that some of the other baked goods don't come out as delicious as promised. Warning, texture is definitely much different and may be off putting to some. I am an experienced cook so I don't feel as if I could have screwed up all the recipes. Of course that is possible once or twice, but not after several times. I have found a few other errors throughout the book. Most have been pretty easy to figure out as I have been cooking a long time, but for those less experienced in the kitchen they might have some head scratching. I also find Ms. Carpender's writing style a bit condescending. The definitions of some of the standard carb substitutes was a great help to me when I started on the low carb diet and helped me stock up on the correct supplies. If there I future editions I suggest better editing to make sure the errors and oversights are fixed.

Good book, but I sure do like pictures with the recipes. They could have at least included a few... but I guess color ink is expensive. I won't use it as much as the George Stella books.

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