



Lauri's Low-Carb Cookbook: Rapid Weight Loss with Satisfying Meals! (2nd Edition)

Lauri Ann Randolph

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Over 230 delicious recipes and each are less than 10 grams carbohydrates per serving! Lauri's Low-Carb Cookbook contains a large variety of cooking styles with both easy recipes and those that cater to a gourmet.

This wonderful collection of recipes will be your constant companion in the kitchen to support your low-carb diet. These recipes were designed specifically for the Dr. Atkins' diet, yet they are great for any type of low-carb diet including, Protein Power, Sugar Busters, the Carbohydrate Addict's Diet, etc.

The first edition of Lauri's Low-Carb Cookbook was a limited edition to test the market demand for such a cookbook. Due to its overwhelming success and some great suggestions from readers, Lauri has completely revised the cookbook, including a new easy-to-read recipe format, correcting typographical errors, many new recipes, additional nutritional information, a new paperback binding which lays , and so on.

More than 50 new recipes have been added including a section of Vegetarian Main Dishes. The "Helpful Hints" section has also been expanded, responding to frequently asked questions to the author from dieters new to the low-carb program. A section on Menu Planning & Shopping List has also been added.

Each recipe now includes a per serving analysis of calories, fat and protein, in addition to the grams of carbohydrates. Although this supplementary nutritional information is not necessary for those on the Dr. Atkins' Diet, it could be useful for those on the many other variations of a low-carb diet. The calculations for the nutritional analysis are based on United States Department of Agriculture (USDA) publications with some additional information obtained from food manufacturers.

Benefits of a Low-Carb Diet & Life-Style:

1. Rapid Weight Loss
2. More Energy
3. No Hunger
4. Satisfying Meals
5. Lower Cholesterol
6. Healthier Heart

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Jacqueline Stalling:

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Maria Green:

Why? Because this Lauri's Low-Carb Cookbook: Rapid Weight Loss with Satisfying Meals! (2nd Edition) is an unordinary book that the inside of the guide waiting for you to snap this but latter it will jolt you with the secret that inside. Reading this book next to it was fantastic author who have write the book in such wonderful way makes the content on the inside easier to understand, entertaining way but still convey the meaning completely. So , it is good for you for not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of rewards than the other book have such as help improving your proficiency and your critical thinking way. So , still want to hesitate having that book? If I ended up you I will go to the book store hurriedly.

Molly Wilson:

Is it you who having spare time and then spend it whole day by means of watching television programs or just resting on the bed? Do you need something totally new? This Lauri's Low-Carb Cookbook: Rapid Weight Loss with Satisfying Meals! (2nd Edition) can be the answer, oh how comes? It's a book you know. You are and so out of date, spending your extra time by reading in this brand-new era is common not a nerd activity. So what these publications have than the others?

Mark Bock:

Do you like reading a reserve? Confuse to looking for your favorite book? Or your book has been rare? Why so many query for the book? But virtually any people feel that they enjoy for reading. Some people likes examining, not only science book but in addition novel and Lauri's Low-Carb Cookbook: Rapid Weight Loss with Satisfying Meals! (2nd Edition) or perhaps others sources were given know-how for you. After you know how the great a book, you feel would like to read more and more. Science guide was created for teacher or maybe students especially. Those guides are helping them to increase their knowledge. In different case, beside science guide, any other book likes Lauri's Low-Carb Cookbook: Rapid Weight Loss with

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