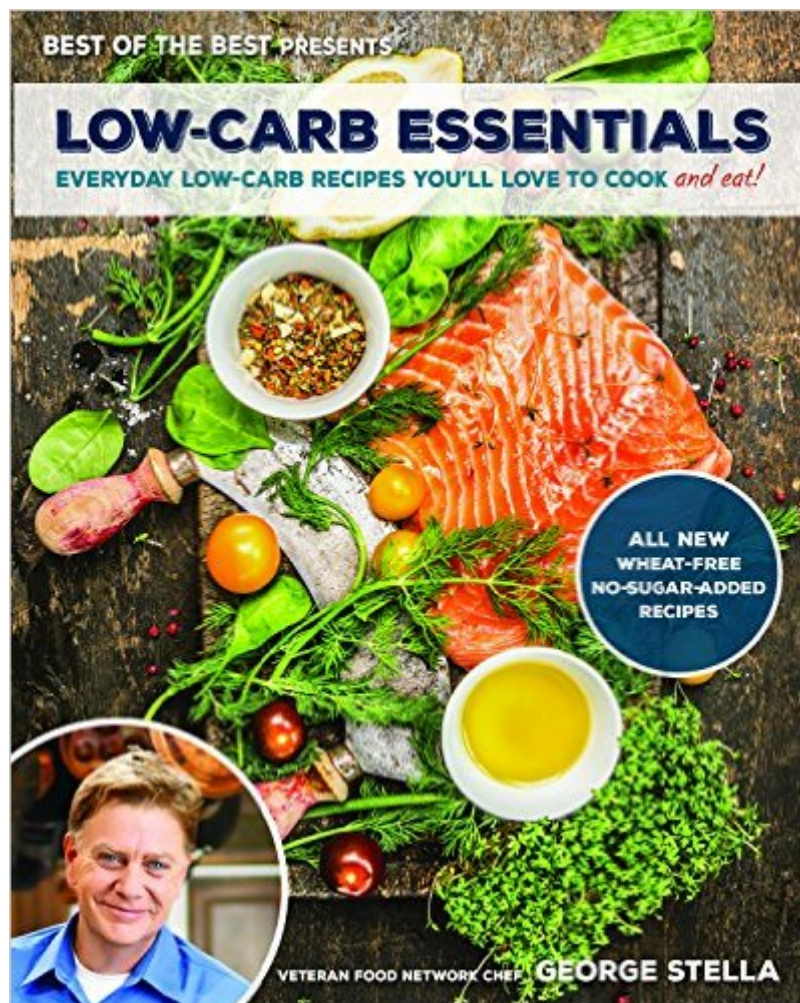


The book was found

Low-Carb Essentials Cookbook: Everyday Low-Carb Recipes You'll Love To Cook (Best Of The Best Presents)



Synopsis

Over 120 All-New Recipes with No White Flour and No-added Sugar! In Low-Carb Essentials, veteran Food Network chef George has created over 120 new recipes, providing the ultimate treat for anyone seeking a healthy diet incredible tasteful dishes that achieve weight-loss success. Whether you have been living a low-carb lifestyle for years, or are simply looking to eat less processed foods, this cookbook is for you! Over 60 full-color photos will help you present dishes that look as good as they taste. All recipes are made without any white flour or added sugar, making them gluten-free, and great for diabetics as well. Deliciously better! George Stella's approach to cooking without processed foods makes Low-Carb Essentials a perfect companion to nearly any healthy lifestyle. Whether you eat low-carb all of the time, or are simply looking to cut down on refined flour and sugar, these recipes are full of flavor with a heaping helping of George's trademark ingenuity.

Book Information

Perfect Paperback: 224 pages

Publisher: Quail Ridge Press (January 22, 2016)

Language: English

ISBN-10: 1938879171

ISBN-13: 978-1938879173

Product Dimensions: 8 x 0.7 x 10 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (48 customer reviews)

Best Sellers Rank: #37,678 in Books (See Top 100 in Books) #84 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb](#) #119 in [Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate](#) #688 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

One of my favorite low carb cookbooks and I have collected a lot over the years! Every recipe I have tried has turned out perfectly and delicious! Buy it if you need motivation to stick to a low carb diet. It's a delicious diet to be on. I am going to buy George Stella's books in the future. It's recognizable food and easy to make.

I bought this cookbook from QVC when it was first available, I'm now back to buy another one!! All

of Mr. Stella's books are fabulous and each one gets better and better!!! So far I have made his Cheesy Grits and they were awesome!!! That is going to be one of my go-to's for any time of the day. I have also made the Struesel Blueberry Muffins. Knocked it outta the park!! I shared them at work with my 3 lunch buddies and they were amazed. Today I made Kung Pao chicken and it was awesome. I will definitely be making that again and again. All of George's books are packed full of information on living a healthy, low carb lifestyle. Almost every recipe in the book comes with full color pictures that make you want to lick the pages. There are no "funky" ingredients in any of the recipes. Everything can be bought at almost any grocery store. I have every cookbook that George has ever written, and I must say, they just keep getting better and better. The very first book he ever wrote, is literally falling apart, I've used it so much. so that's why I'm back to buy another one, one to put up and save! Thank you George for your inspiration!! and for the fabulous recipes. Keep 'em coming!!!!

I do own several of Mr. Stella's book. I have tried more than a few of his recipes. As any book or recipe, I use it as a guide only, never, in my opinion, written in stone! He has all the recipes by the type of meal he thinks it should fit in, breakfast, lunch, dinner, appetizers, deserts, which is fine, but the ONLY reason I gave this book 4 stars is if you want to find a recipe you were interested in later, it is hard to find unless you recall what section he had it categorized in, and exactly what he called it. Indexing by ingredient would be helpful. this is still a very good book, as the others of his I have seen, but could be made easier to use.

We love George Stella in our house. We have lost 140lbs plus between the both of us with low carb cooking. All the recipes are easy and you would never know they are "diet".

Love the fact that a lot of the recipes are easy to make and don't require buying a lot of strange ingredients. Also like that so many are high in fat and moderate in protein.

I have all of George Stella's low carb cookbooks and this one is fantastic, new recipes and updates to older ones, great book! I love that George Stella is a gourmet chef who writes a fantastic cookbook, interesting meals and easy to follow.

This is an excellent cookbook with easy to follow directions. I made several of the chicken dishes which received rave compliments.

Every recipe I've made from this book has been incredible--not just good; incredible! I'm so impressed and will continue to buy this chef's books in the future!

[Download to continue reading...](#)

Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1)

Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low-Carb Essentials Cookbook: Everyday Low-Carb Recipes You'll Love to Cook (Best of the Best Presents)

Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads

To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating) Low Carb: Low Carb Diet for Beginners - How to Lose 7 Pounds in 7 Days with Low Carb & High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Slow Cooker: Low Carb: 142 Low Carb, Healthy, Delicious, Easy Recipes: Cooking ... and Recipes for Weight Loss - 3rd Edition (Low Carbohydrate, Easy Meals, ... Meals, Low Carb Cookbook, Weightloss)

[Dmca](#)