

Tasty Alternatives for Every Low-Carb Dieter Low-carb diets are all the rage, and their appeal is obvious: You can eat great food that you'd never dream you could eat while dieting—and the diets work! But once you get past the delight of eating all the beef and butter your tummy desires, where can you turn for variety, great taste, and truly healthful low-carb dieting? Inside The Ultimate low-Carb Diet Cookbook you'll discover more than 200 scrumptious and easy to prepare recipes that will help you continue to enjoy this fat-burning diet regime on into the future. Plus, you'll find carbohydrate counts and a nutritional analysis for each recipe! This essential book, which keeps the pleasure factor of low-carb eating front and center, includes satisfying and healthful dishes such as: • Creamy Herb Dip • Spicy Roasted Red Pepper Soup • Savory Spinach Salad with Steak and Blue Cheese • Swordfish with Olive and Red Pepper Relish • Broccoli with Garlic and Cheese • Banana, Chocolate Chip, and Walnut Muffins • And many more creative and tasty meal, snack, and treat ideas! No matter which low-carb diet you're on, you can continue to experience meal after meal of healthful dieting and great taste. From the Trade Paperback edition.

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