



500 Low-carb Recipes - 500 Recipes, From Snacks To Dessert, That The Whole Family Will Love (500 Recipes, from Snacks to Dessert)

Dana Carpender

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This cookbook is a great one for people new to cutting carbohydrates from their diets, as well as "veterans" looking for new ideas. The recipes are simple to follow and great for beginning cooks. There is a wonderful introductory section on low carb cooking

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Joseph Franson:

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