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Wolfgang Guggemos



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The New 500 Low-Carb Recipes Dana Carpender,2019-01-08 Since its publication over 15 years ago 500 Low Carb Recipes has become a classic in the low carb community earning author Dana Carpender the affectionate moniker low carb queen from her fans The book is now a bestseller with over half a million copies sold Low carb cooking has evolved A decade ago low carb menus relied on ingredients like artificial sweeteners unhealthy vegetable oils protein additives and processed foods from grocery store shelves like low carb branded snack bars and packaged meals Today s low carb cooking is influenced by larger food movements such as clean eating farm to table ingredients higher fat ratios thanks to the popularity of ketogenic diets and less stigmatization of foods that have substantial inclusion in a low carb diet namely animal foods and saturated fat due to the growth of the Paleo and traditional foods movements The New 500 Low Carb Recipes is the beloved cookbook updated for today s low carb movement

200 Low-Carb, High-Fat Recipes Dana Carpender,2014-10-24 200 Low Carb High Fat Recipes holds 200 easy recipes that are perfect to jumpstart your metabolism and kick start your low carb weight loss

More Low-carb Meals in Minutes Linda Gassenheimer,2003 A sequel to the best selling low carb cookbook offers recipes geared to long term weight loss that are also low in saturated fat and can provide for a range of meal needs in a guide that further explains how to reintroduce carbohydrates without regaining weight

Convention Sales and Services Milton T. Astroff,James R. Abbey,2006 Text for hotel personnel dealing with sales of meetings and conventions to be held at hotels and the servicing of the event

The Big Healthy Soup Diet: Nourish Your Body and Lose up to 10lbs in a Week Linda Lazarides,2010-03-25 An incredible and fast 2 week programme with 60 soups that helps you lose up to 10lbs the healthy way Each soup is full of specific nutritional superfoods to help you look years younger and build your immunity too

The Low-Carb Cookbook Fran McCullough,Michael R. Eades,Mary Dan Eades,2001-01-01 Supporting a growing nutritional movement that emphasizes a reduction in carbohydrate intake the author of Great Food without Fuss who herself lost sixty pounds on a low carb diet provides readers with all the detailed information they need to make the dietary switch

Library Journal ,2005 *No More Fat Kids* James Bailes, Jr.,2006 Quill & Quire ,2005 **The Complete Book of Low-carbohydrate Cooking** Elaine Gardner,2004 Good Housekeeping ,1927 The Publishers Weekly ,2004 **The National Culinary Review** ,2004 *Access* ,2005 The Guide to Cooking Schools ,2005 **Jewish Woman Magazine** ,2004 **Betty Crocker Low-Carb Lifestyle Cookbook** Betty Crocker,2005-06-17 Photos that will whet your appetite a special Recipe Browser that lets you mix and match recipes to fit your personal eating plan helpful nutrition and cooking information a Carb Swap list that suggests low carb substitutions for popular foods These great tasting recipes trim the carbs and calories and they re low in fat too And many can be prepared in 30 minutes or less BOOK JACKET Better Homes and Gardens ,2003 *Easy Everyday Low Carb Cookbook* Better Homes and Gardens,Kristi Thomas,2003 A cookbook designed for those following low carbohydrate diet plans includes two hundred recipes as well as 120 meal plans with four different

carbohydrate levels featuring meat poultry seafood side dishes snacks and desserts

New Age ,1999

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