



Low Carb 1-2-3: The Low-Calorie, Low-Carbohydrate Cookbook

Rozanne Gold, Helen Kimmel

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As a professional chef for 25 years, Rozanne Gold is a big believer in using only the best and freshest ingredients—and treating them simply to achieve fabulously flavorful results. That's what her award-winning "1-2-3" series of three-ingredient cookbooks are all about. Now Gold works her 1-2-3 magic on low-carb cooking, creating an invaluable collection of amazingly simple and satisfying recipes that meet the guidelines of all the low-carb and good-carb plans out there today, including Atkins, South Beach, Sugar Busters, and Glycemic Index diets.

What's more, every recipe is also low in calories and saturated fat, so the dishes are easy to incorporate into any weight-loss program and are great for anyone who just wants to eat healthy.

Here are 225 delightfully easy and delicious recipes that sound (and taste) more complicated than just three ingredients—from fortifying breakfasts like Baked Eggs Ranchero, to fabulous party food like Wasabi-Stuffed Shrimp, to savory main dishes like Chicken Rollatini with Salami and Roasted Peppers, to luscious desserts like Frozen Hot Chocolate.

Each recipe is placed in one of three basic categories, from very low carb to indulgent low carb, and the "Carbs That Count" feature gives readers a quick tally of actual carbs consumed. Additional features include tips for stocking the 1-2-3 kitchen, a selection of 50 low-carb snacks, a collection of 50 low-carb menus, and a reference list ranking carb-smart (and not-so-smart) foods.

Whether you're looking for recipes to help you stick to a low-carb diet or just want to improve the quality of your family meals, you will be delighted to discover that satisfying, low-carb meals are as easy as 1-2-3.

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Leslie Woodson:

People live in this new moment of lifestyle always try and and must have the extra time or they will get great deal of stress from both everyday life and work. So , once we ask do people have spare time, we will say absolutely without a doubt. People is human not only a robot. Then we inquire again, what kind of activity do you possess when the spare time coming to you actually of course your answer will unlimited right. Then do you try this one, reading ebooks. It can be your alternative inside spending your spare time, the particular book you have read is usually Low Carb 1-2-3: The Low-Calorie, Low-Carbohydrate Cookbook.

Darren Reid:

With this era which is the greater individual or who has ability in doing something more are more treasured than other. Do you want to become one among it? It is just simple method to have that. What you are related is just spending your time not much but quite enough to enjoy a look at some books. One of several books in the top checklist in your reading list will be Low Carb 1-2-3: The Low-Calorie, Low-Carbohydrate Cookbook. This book that is qualified as The Hungry Inclines can get you closer in turning out to be precious person. By looking right up and review this book you can get many advantages.

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