



# Low-Carb Essentials: Everyday Low-Carb Recipes You'll Love to Cook (Best of the Best Presents)

*George Stella*

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**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.

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