



Healthy and Delicious Low Carb Cooking

Stacy Michaels

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Take a look in the mirror. Are you happy with what you see? Or are you a part of the nutritional statistic that estimates that 68.8 percent of American adults are overweight or obese.

Sadly, 16 percent of our children under age 19 are considered overweight. Many kids today are destined for a lifetime of struggling with their weight and serious health problems, including diabetes and heart disease.

There's a lot of national debate about how so many of us got this way, but most experts agree we're sitting at our desks or on the couch too much and not moving our bodies enough. And yes, there is just too much good food (and bad food) everywhere, including on our dinner plates.

This serious public health issue continues to build, and it is estimated that 73 percent of American adults will be overweight or obese. We are long overdue in reversing this trend!

So let me congratulate you on taking the first step in managing your weight with the purchase of this cookbook. I hope that this collection of recipes will help you make smart food choices every day. These low-carb recipes - from the Mediterranean Beef Kabobs to the Crab Chowder - taste really good, and I have trimmed fat and calories to make each recipe better for you and your family.

The benefits of smart eating and maintaining a healthy weight are tremendous - including that feel-good feeling every time you look in the mirror.

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From Reader Review Healthy and Delicious Low Carb Cooking for online ebook

Connieb says

2/24 free

Maria Miaoulis says

Healthy, delicious and easy to assemble? That's my kind of recipe! All of Stacy Michaels' cookbooks are a joy to peruse through, and the fact that everything sounds so yummy is the icing on the cake!

Mary Schildman says

Great recipes

Really liked all of the recipes, however I would need to eliminate many of the "spicy" spices but great ideas. Putting to use asap

debbie schaffer says

Yummy recipes!

I tried several of these and they were a hit with my family. One good one is the beer marinated turkey breast.
