



The Complete Low-Carb Cookbook

George Stella

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Over 60 full-color photos will help you present dishes that look as good as they taste. All 130 recipes are made without any wheat or added sugar, making them gluten-free, and great for diabetics as well.

The Complete Low-Carb Cookbook Details

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A.C. Paige says

So many great recipes in this book. I try to maintain low-carb as a life-style choice. I just made the crepes today, and they were fantastic! I also made the minute cinnamon bun, great breakfast. My husband made me the cauliflower rice and the stir fry as well! Just loving this cookbook!

Jackie says

Highly recommend this book. There isn't a single recipe that doesn't look amazing. I can't wait to read more of his cookbooks.

Gary Denton says

This book is interesting reading. I can see how this type of cooking could help someone who is morbidly obese, however, it takes an inordinate amount of time to make these recipes into ready to eat food. The person who wrote it is a chef and has the skills. He is also used to living in the kitchen. Someone with a job and kids would have difficulty making time for this type of cooking.

Also, I do not like the reliance on Splenda as a sweetener. Studies have shown that Splenda can cause side effects such as migraines, dizziness, intestinal cramping and more.

sue says

My daughter bought this book for me as I need to eat low carb low sugar for health reasons and loosing weight is a super bonus.

I love the story the chef has added with photos of his family. They are an inspiration and shows he “ knows his stuff”.

He's a chef, but he had to give up work because he became obese, Ill , seriously he had to do something or fear loosing his life. His children were overweight too.

The recipes.

They are mouth-wateringly good. It has photos of the finished food which I love to see. It's my pet hate when someone writes a cookbook and no photos! It shouldn't be allowed.

There are even desserts to make using Almond flour which is easily available now.

There are lots in here I will be trying out.

If we like them, I will batch cook and freeze the next time.

Great information in here.

Love it
