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The High-protein Cookbook: More Than 150 Healthy and Irresistibly Good Low-carb Dishes That Can be on the Table in Thirty Minutes or Less (Paperback)

By Linda West Eckhardt, Katherine West Defoyd

Random House USA Inc, United States, 2008. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. End food boredom and diet burnout with more than 400 sophisticated, low-carbohydrate dinners that are bursting with flavor--and on the table in under 30 minutes! Hundreds of thousands have embraced the low-carbohydrate lifestyle finding that a diet based on lean protein, fruits, and vegetables and less dependent on simple carbohydrates has helped them look and feel better. But a monotonous menu of steak and salad or expensive, additive-laden prepared foods has been the undoing of many a successful diet regimen. The solution? Linda West Eckhardt and Katherine West DeFoyd have devised more than 100 protein-rich, low-carbohydrate dinners that will satisfy even the most demanding diners. Drawing on their experiences as award-winning cookbook authors, Eckhardt and DeFoyd have developed a tempting range of high-protein meals that are quick enough to make on a weeknight but elegant enough to share with guests -- and so delicious they ll never know they ve been shortchanged on carbohyd rates, fat, and calories. Each entree in The High-Protein Cookbook...



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