



# Quick & Easy Low-Carb Cookbook: Everyday Recipes for Ketogenic, Low-Sugar, or Cutting Back on Carbs

*George Stella , Christian Stella (Contributor)*

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Whether you're eating paleo, ketogenic, glutenfree, or sugar-free, George's recipes are sure to fit your dietary needs. These recipes are so delicious, you won't believe they are low-carb and you'll love that they can be made quicker, easier, and with fewer ingredients than ever before!

For those new to eating low-carb, George has included his Two-Day Challenge: stop eating processed and refined foods any two days a week, while getting into the habit of eating more fresh foods. If you can't give up carbs entirely, try cutting back! You might just discover that you don't even miss the carbs.

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## **From Reader Review Quick & Easy Low-Carb Cookbook: Everyday Recipes for Ketogenic, Low-Sugar, or Cutting Back on Carbs for online ebook**

### **Lauren Kelsen says**

These recipes are simple yet delicious and a great way to cut out carbs. You will not miss carbs after having a couple bites!!

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### **Gayle says**

This book was purchased as a present for my boyfriend's Dad. He had to change his diet as instructed by his doctor. He wasn't much looking forward to it so I hunted around for low carb books with the best reviews here and on Amazon. This is one of the two books purchased for him for Christmas 2017 and he uses them all the time! I'm very pleased that he is getting so much use out of the books I picked. So far the things I've tried that he has made with this came out pretty good.

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