



The Complete Low-Carb Cookbook (Best of the Best Presents)

George Stella

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George Stella's Food Network TV show and five bestselling cookbooks have established him a the leading authority on low-carb cooking.

The Complete Low-Carb Cookbook is not just George Stella's best collection of recipes, but his definitive word on low-carb eating. With hundreds of helpful tips, you aren't just following along; you are learning how to use Stella's techniques to reinvent any of your own recipes without the use of processed foods. You are also learning how these techniques helped his family of four lose over 650 pounds.

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.

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