



# Low Carb 1-2-3: 225 Simply Great 3-Ingredient Recipes

*Rozanne Gold, Helen Kimmel*

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Low-carb cooking has never been this easy-or delicious!

Now 1-2-3 cooking goes low-carb, and the results are simply fabulous! Here readers learn how to create dishes that are not only low-carb but low in calories and saturated fat-from Pan-Seared Tuna Niçoise, Baked Eggs Splendido, and Wasabi-Stuffed Shrimp to Fresh Cherry Compote with Chocolate Drizzle-each using only three ingredients!

In Low Carb 1-2-3 - by Rozanne Gold, with Helen Kimmel, M.S., R.D. - readers will discover:

- o Recipes that fit effortlessly into any low-carb or good-carb diet, including South Beach, Atkins, and Sugar Busters
  - o 225 great-tasting dishes created by an award-winning chef
  - o A focus on healthy eating with recipes that promote good fats and carbs; shun trans-fats; use whole, unprocessed, fresh ingredients; and eliminate white flour and sugar
  - o An accurate carb count for each recipe, lists of low-glycemic index foods, and 100 menu plans
- Perfect for today's busy lifestyles, these recipes make it easy for anyone to eat more healthfully every day.

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#### **Andrew Fox:**

Spent a free time to be fun activity to perform! A lot of people spent their sparetime with their family, or their particular friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Could be reading a book may be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the book untitled Low Carb 1-2-3: 225 Simply Great 3-Ingredient Recipes can be excellent book to read. May be it might be best activity to you.

#### **Debra Sims:**

The book untitled Low Carb 1-2-3: 225 Simply Great 3-Ingredient Recipes contain a lot of information on that. The writer explains the woman idea with easy approach. The language is very simple to implement all the people, so do not worry, you can easy to read the idea. The book was authored by famous author. The author gives you in the new age of literary works. You can actually read this book because you can read on your smart phone, or program, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site and order it. Have a nice examine.

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Within this era which is the greater man or woman or who has ability in doing something more are more precious than other. Do you want to become certainly one of it? It is just simple method to have that. What you must do is just spending your time very little but quite enough to get a look at some books. Among the books in the top record in your reading list is definitely Low Carb 1-2-3: 225 Simply Great 3-Ingredient Recipes. This book which can be qualified as The Hungry Mountains can get you closer in turning out to be precious person. By looking upward and review this e-book you can get many advantages.

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