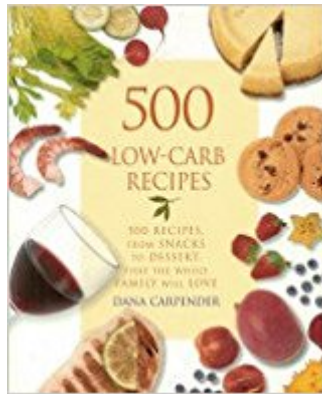


The book was found

500 Low-carb Recipes - 500 Recipes, From Snacks To Dessert, That The Whole Family Will Love (500 Recipes, From Snacks To Dessert)



Synopsis

This cookbook is a great one for people new to cutting carbohydrates from their diets, as well as "veterans" looking for new ideas. The recipes are simple to follow and great for beginning cooks. There is a wonderful introductory section on low carb cooking

Book Information

Hardcover: 496 pages

Publisher: Fair Winds Press (2002)

Language: English

ISBN-10: 0739429736

ISBN-13: 978-0739429730

Product Dimensions: 9.5 x 7.5 x 1.4 inches

Shipping Weight: 1.9 pounds

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (532 customer reviews)

Best Sellers Rank: #152,537 in Books (See Top 100 in Books) #141 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat](#) #230 in [Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#)

Customer Reviews

The book didn't deliver as much as it, at first, appeared to. 470 pages of recipes and no photography sounds like a lot of recipes. Many of the recipes are so basic you wonder who wouldn't know that boiled shrimp means boiling shrimp in a pan of water with some seasoning. But "Unbelievably Easy Shrimp" gets half a page for this 3-ingredient recipe (2 qts. water, a pound shrimp, salt). The balance of the page is a recipe for cooking fish: 1 piece of fish, 1 tbs. butter, with parsley and lemon wedge for garnish. How to broil a steak (olive oil, steak) gets a page, then variations of steak go on for pages and pages. "Southwestern Steak" is steak served with guacamole. "Cajun Steak" is steak sprinkled with Cajun seasoning. "Garlic Butter Steak" is steak with garlic butter spread on it. There are about 2 of these recipes per page. It's the same with the egg and omelet recipes. The same basic recipe idea is repeated over and over with a flavor variation. The most major flaw with the book, however, is the index. My pet peeve with cookbooks is to use cute recipe titles and then index them alphabetically according to those titles. Under "sauces," to pick an example, there is "Dana's No-sugar Ketchup" listed in the "D"s. Why not list it "Ketchup, no-sugar" so you can find it if you go looking for "ketchup?" Also under "sauces" there is "Low-carb Steak sauce" in the "L"s and "Reduced-carb Spicy Barbecue Sauce" in the "R"s. It makes

it very hard to find a recipe. The back cover of the book touts "Chocolate Mousse to DIE For" and I have yet to be able to find that recipe.

[Download to continue reading...](#)

Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) 500 Low-carb Recipes - 500 Recipes, From Snacks To Dessert, That The Whole Family Will Love (500 Recipes, from Snacks to Dessert) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low

carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes Low Carb Casseroles BOX SET 2 IN 1: 38 Super Satisfying Low Carb Casseroles That Will Amaze Your Family: (low carbohydrate, high protein, low carbohydrate ... diet for dummies, low carb high fat diet) Low Carb: 500 Low Carb Recipes to Lose Pounds, Boost Metabolism and Eat Healthy (Low Carbohydrate, Low Carb Cookbook, Keto, Paleo, High Protein) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook)

[Dmca](#)