



Low Carb Meals Delicious Extremely

SJ Ball



Low Carb Meals Delicious Extremely:

The Complete Idiot's Guide to Low-Carb Meals, 2nd Edition Lucy Beale, Sandy G. Couvillon, 2012-06-05 In the world of diets low carb dieting is still very popular Reformed from its early no carb version today's low carb diet relies on cutting down carbohydrates in your diet and replacing them with protein Numerous diets today and even some diabetic diets rely on cutting carbohydrates Cooks today are looking for low carb alternatives that aren't bland diet book recipes The Complete Idiot's Guide to Low Carb Meals second edition has lower carb recipes and more vegetarian and vegan selections than before As many readers point out low carb diet cookbooks read like they were written by scientists not cooks Enter cookbook authors Lucy Beale and Sandy Couvillon with more than 330 taste tempting recipes for low carb alternatives Moreover the recipes have additional nutritional information not just carb gram data but also protein replacement data and complex and simple carbohydrates nutritional information With everything from breakfast egg dishes of course to late night snacks Beale and Couvillon offer hundreds of delicious recipes for the die hard dieter and health conscious cook that appeal to the family and are easy to make This cookbook offers fantastic salads bread and pasta recipes grains potatoes rice desserts fruit options and even an entire chocolate chapter

Extreme Lo-Carb Meals On The Go Sharron Long, 2004-11-10 Living the low carb lifestyle doesn't have to be difficult It's all about making smart choices So how can you still enjoy lunch out with coworkers stave off the afternoon carb cravings and find the time to make low carb meals that taste great Extreme Lo Carb Meals to Go offers dozens of tasty meal solutions and low carb lifestyle tips that will get you through your hectic day This practical cookbook provides you with answers to all the lifestyle challenges you face every day including Are there any smart high protein breakfast options besides bacon and eggs Should I eat low carb energy bars What's a quick filling lunch I can bring to work Is there a way to snack smart while low carb dieting What easy to prepare low carb dinner options will the kids actually eat and enjoy Featuring 150 fantastic make ahead meals such as Sausage and Cheese Muffins Very Veggie Wraps and Mocha Cheesecake Extreme Lo Carb Meals to Go is the perfect way for you to say hello to time and goodbye to carbs

The Low-Carb Diner's Companion Barrett Williams, ChatGPT, 2025-03-08 Unlock the secrets of dining out while embracing a low carb lifestyle with The Low Carb Diner's Companion a comprehensive guide designed to transform your restaurant experiences into guilt free culinary adventures Navigating the world of low carb eating can be challenging especially when you're surrounded by tempting menu items and hidden carb traps This handbook takes you on a step by step journey through the essentials of low carb living from understanding the fundamental principles to debunking common myths and misconceptions about this popular diet Chapter by chapter you'll uncover strategies to conquer the challenges of dining out mastering the art of menu selection and making informed choices at a variety of eateries from your favorite fast food chains to exquisite Italian and Asian restaurants With insights into deciphering menu language and tips on making special requests you'll soon find yourself confidently ordering meals that align with your dietary goals Explore how to navigate the

dynamic cuisines of American Mexican French and Middle Eastern dining scenes and learn to indulge in brunches happy hours and special occasions without compromising your carb count Discover how to craft low carb cocktails enjoy luxurious meats and cheeses and creatively swap out carb heavy staples for more waistline friendly alternatives The guide doesn't stop at just menus It also delves into cultural etiquette and provides practical advice on communicating dietary needs tactfully Whether you're attending a social gathering or hosting a potluck find out how to enjoy these moments while still honoring your low carb commitments The Low Carb Diner's Companion is your ultimate tool for thriving on a low carb lifestyle Embark on this gastronomic journey and celebrate your successes as you embrace a healthier more balanced way of dining wherever you are

Low Carb Meals: Low Carb Meals and Paleo Foods Julia Barnes, Tina Scott, 2013-09-15 Low Carb Meals Low Carb Meals and Paleo Foods The Low Carb Meals book features two similar diet plans the Low Carb Diet and the Paleo Diet Both diets feature recipes that are naturally low in carbohydrates and higher in proteins Going on a low carb diet plan with either diet helps to lose weight It also helps to lower blood pressure lower cholesterol and helps to stabilize blood glucose levels The main goal of anyone going on a diet should be to become healthier first A low carb meal plan has all the foods necessary to be eating healthier and helping to build and maintain a healthy lifestyle The first section of the Low Carb Meals book features the Low Carb Diet The categories in this section include Low Carb Diet Rise and Shine with a Fortified Breakfast Lunchtime Recipes for Afternoon Energy Great Dinner Surprises Unique Side Dishes Fulfillment with Drinks Make Ahead Snacks Let's Have a Picnic Exciting Desserts Wise Wok Cooking List of Low Carb Foods and Tips for Prepping A sampling of the included recipes is Shrimp Egg Rolls Chocolate Sponge Cake with Strawberries Oriental Cabbage Salad Sweet Popcorn Extravaganza Pina Colada Smoothie Fake Mashed Potatoes and Mushroom Laced Meatballs The second section of the book is the Paleo Diet Cookbook featuring these categories Entrees Side Dishes Soups and Snacks Breakfast and Desserts A sampling of the included recipes are Pineapple Coconut Frozen Custard Irish Soda Bread Kale with Pine Nuts Baked Salmon with Pecans and Rosemary Roasted Turkey with Balsamic Glaze and Apples Chicken Soup with Sweet Potatoes and Swiss Chard Banana Walnut Muffins Chocolate Avocado Mousse Eggs with Kale Tomato and Zucchini with Curry Sauce Gluten Free Chicken Piccata Chipotle Lime Salmon Hot Dogs Paleo Style Salmon with Red Pepper Sauce and Mushrooms and Pork Roast with Dijon Glaze

Extreme Transformation Chris Powell, Heidi Powell, 2025-05-01 Chris and Heidi Powell hosts and transformation specialists from the hit TV show Extreme Weight Loss now share their proven life changing step by step guide for losing weight and keeping it off in their first co-authored book Extreme Transformation They are the hosts of television's most popular weight loss documentary show Extreme Weight Loss and now the Powells provide a blueprint for changing your health in just 21 days Whether you're looking to lose the baby weight that last ten pounds or several hundred this is the program that can change your life forever They share their most effective secrets for weight loss success through diet and exercise and go into detailed focus on how to develop a powerful sustainable mental change to keep the weight off forever

With their help readers will see the hidden path of transformation be guided through fast and fun exercises enjoy loads of recipes both quick and gourmet along with advice for food shopping preparation and more With an incredible expansion of the Carb cycling core that has driven Chris s first two national bestsellers the Powells guide you from the very first step to reach your ideal weight and transition to lifelong maintenance high impact results in as little as three weeks [Keto on a Budget: Affordable Low-Carb Meals Made Easy](#) Unknown,2024-12-10 Embark on a budget friendly keto journey with Keto on a Budget This comprehensive guide empowers you to achieve your dietary goals without breaking the bank From understanding the basics to planning meals and creating delectable recipes this book provides all you need to thrive on a ketogenic diet With clear explanations and affordable food sources you ll discover how to navigate the keto lifestyle Meal planning becomes effortless with practical tips and budget friendly options for breakfast lunch dinner and even snacks Quick and simple recipes guide you through cooking mouthwatering meals while staying within your budget Learn the art of transforming leftovers into delicious new dishes maximizing meals and reducing food waste Essential shopping strategies coupons and bulk buying techniques help you save money while maintaining a healthy diet Intermittent fasting and exercise considerations ensure optimal results Addressing common challenges and solutions Keto on a Budget empowers you to overcome cravings manage electrolyte imbalances and troubleshoot keto flu Advanced keto techniques and adaptations for vegetarians vegans families and seniors provide tailored solutions for diverse needs Explore the emotional side of keto and discover strategies for maintaining a positive mindset and seeking support As you transition off keto this guide offers guidance for reintroducing carbohydrates and maintaining your weight loss With Keto on a Budget you ll unlock the keys to a successful and affordable ketogenic lifestyle proving that eating healthy and saving money can go hand in hand **More**

Low-carb Meals in Minutes Linda Gassenheimer,2003 A sequel to the best selling low carb cookbook offers recipes geared to long term weight loss that are also low in saturated fat and can provide for a range of meal needs in a guide that further explains how to reintroduce carbohydrates without regaining weight **Quick No-Cook Low Carb Recipes** Lisa Shea,101-01-01 Updated for 2021 More recipes More photos This 141 page book on Quick No Cook Low Carb Recipes features 47 recipes ranging from easy cheese plate ideas that any college student or after school kid can try to more advanced recipes like tuna tartare which involve more complex flavors It s designed to introduce eaters to new vegetables new combinations and outside the box ideas Explore a new recipe every day for a month and expand your menu choices This book provides easy ideas for preparing quick healthy meals that you will love Every recipe can be made without cooking If you ve only got five minutes this book has the answer Young children who want to eat healthy can make these dishes without any cooking Whether you re at an office without a microwave or living in a college dorm you can make these healthy foods to keep your body energized and happy These recipes are perfect in power failures and other no power no stove no microwave situations As long as your e reader works you re all set Perfect as part of your emergency kit In addition to the recipes all of

my low carb books provide appendices which explain how to successfully manage a low carb diet Let me know if you have any questions or suggestions I frequently update all my low carb books based on your recommendations Thank you so much for sharing a part of your life s journey with me I ve followed a low carb lifestyle since June 2003 I have enjoyed every day of it Low carb is not a diet of sacrifice My meals are rich with delicious flavors I am always full when I finish eating Each day I enjoy my high energy levels Daily meals are dense in flavor and nutrients spinach salads mushroom omelets tuna melts and devilled eggs as a delicious snack For luxurious nights out I can relish a meal of filet mignon with asparagus I can even enjoy homemade ice cream with ripe raspberries for dessert Once I cut excess sugars and starches out of my diet I found I had far more energy to enjoy life with The rich fiber foods have helped me sleep more soundly The omega 3 oils keep my brain s creativity and efficiency at an all time high I am very happy to answer any questions you might have about healthy eating Feel free to visit my site at [Lowcarb BellaOnline.com](http://LowcarbBellaOnline.com) and let me know what s on your mind **Low Carb Diet for**

Beginners JC. Maria, Keep Calm and Lose Weight with This Absolutely Low Carb Diet Guide for Beginners If you don t know anything about what Low Carb Diet is This guide will explain everything for you in the easy to understand way So don t worry grab this guide and let s learn about how to live healthier lives with the Low Carb Way Living healthy is one of the best ways to live your entire life happily with minimum chances of getting seriously ill The reason why people are following the low carbs diet nowadays is because they have understood the benefits of this diet The majority of the people involved in this diet are the ones who are trying to reduce their weight however a low carbohydrates diet can also be assumed by the people who are already fine with their weight In other words low carb diet is not necessary to be taken only by the people who are trying to reduce weight but also this diet is beneficial for the athletes and bodybuilders In Low Carb Diet For Beginners Lose Weight Avoid the Low Carb Diet Mistakes Feel Great the author gives you all the information you need to know about your low carb diet with the easy to understand way and the simple solution for you to use So you can live healthier lives with the Low Carb Diet way forever Here is what you ll learn in this guide How and Why Low Carb Diets Work Why Choose a Low Carb Diet for Weight Loss How to Lose Weight on a Low Carb Diet Health Benefits of Low Carb Eating Common Myths About Low Carb Diets How Much Carbohydrate Is enough Eliminate the Bad Carbs What About Good Carbs What About Artificial Sweeteners Good Fats Versus Bad Fats Alcoholic Beverages Grocery Guide And Much Much more Get your copy of Low Carb Diet For Beginners Lose Weight Avoid the Low Carb Diet Mistakes Feel Great Healthy Living Series Now Download Your Copy Today *Secrets of Good-Carb/Low-Carb Living* Sandra Woodruff, 2004-06-03 From the top selling author of The Good Carb Cookbook comes a comprehensive and motivating guide to the good carb lifestyle Lately low carb diets have been all the rage but until recently little scientific research has been available regarding their effectiveness and potential health consequences Now studies are proving that low carb diets do work and contrary to popular belief they don t pose health risks if they are done right But with so many diets to choose from it is hard for many people to find a program that is realistic for

their lifestyle and to which they can adhere Nationally recognized nutritionist Sandra Woodruff demystifies the process and explains how anyone can tailor a low carb plan to their individual needs to achieve long term weight loss She provides hundreds of delicious recipes innovative menu plans instructive cooking tips and helpful advice for eating out The healthy eating plan in *Secrets of Good Carb Low Carb Living* includes lean proteins healthy fats and good carbs to not only lose weight but also to lower blood sugar and cholesterol levels and help correct metabolic syndrome and insulin resistance Now anyone can get better results from their low carb diet or formulate a new eating plan specifically for their needs With Sandra Woodruff low carb living never tasted so good [Keto Mexican Flavors](#) Barrett Williams,ChatGPT,2025-04-20 Discover the vibrant fusion of flavors with Keto Mexican Flavors an eBook designed to tantalize your taste buds while keeping your low carb goals in check This delightful guide seamlessly blends the rich culinary heritage of Mexico with the principles of the ketogenic diet offering you a collection of mouthwatering recipes and practical tips Start your journey with an introduction to the world of keto friendly Mexican cuisine where you ll learn to embrace the bold and aromatic flavors that make this culinary style so irresistible Delve into the essential ingredients and tools that will be your allies in crafting authentic low carb dishes right at home Master the art of creating keto tortillas the cornerstone of any Mexican meal with innovative alternatives like lettuce and jicama to keep your carb intake in check Transform your taco nights with our flavorful low carb versions of classic carne asada and spicy shrimp tacos each bite bursting with zest For those who crave the sizzling allure of fajitas or the comforting indulgence of burritos our keto friendly recipes provide satisfying solutions without the guilt Explore revamped enchiladas aromatic salsas and side dishes that showcase the vibrant tastes of Mexican street food Warm up with hearty soups and stews or refresh your palate with salads and appetizers that highlight creamy avocados and tangy limes Indulge your sweet tooth with keto twist desserts like churro inspired doughnuts and silky flan Don t forget to pair your meals with sugar free margaritas and creamy keto horchata With chapters dedicated to meal planning and kitchen organization Keto Mexican Flavors equips you with the tools and confidence to seamlessly incorporate these exciting flavors into your lifestyle Embrace the culinary adventure balance tradition with innovation and enjoy every delightful bite on your keto journey **Extreme Transformation: Lifelong Weight Loss in 21 Days** Jideon Francisco Marques,2024-09-15 The weight loss technique we use for Extreme Transformation is the most complete and powerful nutrition and exercise plan we have ever designed It is based upon our insight into the people who not only lose the weight but also keep it off Within each of the 21 days is a fundamental lesson that we have discovered to have a lasting impact upon every single transformation achieved This approach leads to true lasting success the kind we are all interested in We give them the tools to not only maximize their weight loss but also stay active and fit These tools and fundamental lessons make this possible and set them apart from the millions of yo yo dieters out there They continue to practice these simple 21 lessons every day [The New High Protein Healthy Fast Food Diet](#) Charles Clark,Maureen Clark,2012-05-01 We ve all heard of Jen and Madonna using

high protein diets to lose weight It s a tricky one to follow safely but with Dr Clark s sensible approach us mere mortals can do it too New WomanDo you ever eat take away Indian Thai or Chinese food Do you usually resort to sandwiches at lunchtime Does your busy lifestyle mean you nip into M S to buy ready made meals Well if you do you are like most people But if you re used to living like this it can be difficult trying to follow a low carb diet Until now In this brilliant book Dr Charles Clark provides not only the groundrules for his bestselling New High Protein Diet but because he understands how busy people actually shop and eat he incorporates convenience and fast foods into it Analysing over 200 types of fast and convenience foods to help you choose the most suitable options this is essential reading for everyone who wants to be slim healthy but realistic about their lifestyle

The 100 Pound War James Rice,2020-12-12 This is a no holds barred look at weight loss A must read for any dieter Brian Song Personal Trainer Through anecdotes and personal battles The 100 Pound War will show you how to win the weight loss war against the toughest opponent yourself If you or a loved one are struggling to lose weight this book will be the motivation to embark on the weight loss journey Something important about the story is that James is not selling a product It s all about the commitment to yourself and the discipline to fight and win the daily battle between your brain and your body Paola Rossi Gym Owner The 100 Pound War is an enjoyable fast paced book told through the eyes of James Rice a 48 year old man who nearly 300 pounds 135kg and feeling totally defeated He was taking 6 pain killers a day Pre diabetic High blood pressure Arthritis He barely fit into XXXL t shirts He couldn t get up a ladder to change a light bulb Walking up and down stairs made him sweat Then he found Trainer Saber and together they won The 100 Pound War The book includes help on how to lose weight during the COVID 19 pandemic and will give you advice on How to Get Started to Lose Weight The Foods You Need to Avoid Real Food to Buy no crazy recipes sardines or expensive alternatives Must Buy Supplements How to Start to Exercising and Keep Improving Carb and Sugar Craving Survival Tips Win the Battle Between Your Mind and Body The 5 Most Important Points You Must Control to Lose Weight Tips to Handle Stress and Sleep Realistic Weight Loss Expectations Plus all the daily highs and lows of losing 100 pounds Trainer Saber is a certified Personal Trainer with a degree in Fitness and Lifestyle Management He is a Nutrition and Weight Loss Specialist and co owner of a gym Trainer Saber specializes in body transformation Two years later James weighs in at 171 pounds with a BMI of 23% and at the age of 50 he is studying to be a personal trainer James shows that dieting for weight loss is like putting a band aid on cancer it doesn t treat the disease The true cure to obesity lies in education first and foremost The rest comes down to focusing on your why John Kovalski Founder T2 Nutrition and Wellness Host of The JAK ed Up Podcast If you are unsure of where to start to transform your life The 100 Pound War gives the fundamentals of weight loss through James personal struggles and accomplishments to help you reach the 100 pound weight loss goal Personal truthful and a motivation to many The book is very impressive Barb Say High School Physical Education Teacher

KETO KIDS LUNCH: PARENTS EDITION Eva Iliana,2020-06-01 A happy child is a happy home life You re 9 again living at home going to school not giving a

second thought about what food goes into your mouth Will it give me lasting energy Will it support healthy growth Who cares Does it taste good In comes chips fruit snacks and cookies to the rescue You happily munch on your treats as you sit in front of the television and watch your favorite cartoons This is all great the recipe for a temporarily happy child but what will happen once your blood sugar levels drop or your stomach begins to disagree with what you fed it Irritability laziness mood swings everything you don't want to witness first hand in a child The food you put into your body directly impacts your overall well being and it's especially important for children to get the proper nutrition they need in order to grow healthy and strong and to lead active lives As obesity skyrockets to new heights in U S children and is now one of the leading causes of death the main culprit is the food eaten processed sugars and simple carbs By following a lifestyle that focuses on what our bodies need rather than relying on quick food fixes you will be paving the way for a truly happy child and in more than just one way In Keto Kids Lunch Parents Edition you will discover The secret to getting your kids to eat healthy even if they're notorious picky eaters The blueprint to securing the health of your child following them from now and into their adulthood 40 keto friendly recipes that will satisfy the entire family while also saving you time in the kitchen A keto twist on your favorite breakfast lunch and dinner foods How starting your child on a keto diet will improve more than just the physical aspects of their health 9 common keto myths that often deter the people who could benefit from it the most and why it's not so scary after all How to prep your meals in advance and keep them fresh yes that means you won't have to cook every day And much more Don't worry you don't need to be a pro in the kitchen to follow these simple recipes They don't require any fancy ingredients and they're the perfect addition to any day of the week Although your child may show some resistance when you first introduce keto to them bare in mind that this resistance is only temporary Over time he or she will get accustomed to it and may even admit that they like eating keto foods over their typical junk food go-tos With the will to implement a healthier lifestyle the patience to understand the how-tos and the knowledge to cook nutritious meals for your child nothing can stop you from succeeding on the keto diet Before you know it you'll be witnessing a healthier happier more lively child running around your living room In the end if it can improve your child's quality of life isn't that all that matters

[The New Keto-Friendly South Beach Diet](#) Arthur Agatston, M.D., 2019-12-31 Boost your metabolism and burn 100 500 more calories per day by putting your body into fat burning mode with a new science backed update to this proven diet The New Keto Friendly South Beach Diet combines the good fats and healthy carbs of the world famous heart healthy program with the advanced nutrition science of keto all in a doctor approved plan that is easier than strict keto diets The original South Beach Diet defined the cutting edge of healthy weight loss Now the creator of the classic plan combines his signature diet with the latest most cutting edge advances in healthy eating that are the basis for the ketogenic diet With a new emphasis on good carbs healthy fats and quality proteins The New Keto Friendly South Beach Diet takes the powerful fundamentals of the original South Beach Diet and adds the fat burning principles of keto Dr Arthur Agatston cuts through the confusion around

keto and low carb diets and gives readers a step by step 28 day eating plan that increases satisfaction decreases appetite and makes it easy to lose weight and keep it off He also explains why strict ketosis is not necessary to achieve results the effectiveness of intermittent fasting and the relationship between yo yo dieting and sugar addiction This plan offers the benefits of keto and low carb without the pitfalls As this new book reveals you can boost your metabolism and put your body safely into fat burning mode with a diet that s more flexible and more sustainable than traditional keto And that s not all in addition to long term weight loss the South Beach Keto Friendly plan can boost mental sharpness reduce inflammation and pain increase your energy and improve diabetes and heart health Includes around 100 recipes full color photos and an easy to follow 28 day meal plan [The 2-Day Diet](#) Sarí Harrar, Editors Of Prevention Magazine, 2013-05-28 Based on the latest scientific research The 2 Day Diet is a dieter s dream come true Diet for just 2 days a week and lose more pounds more inches more body fat and more belly fat than you would on conventional pounds off plans Our test panelists lost an average of 9 1 pounds and 10 9 inches in just 6 weeks And you can too with the easiest weight loss plan ever It s flexible Can t diet today No problem Do it tomorrow It s easy A simple 2 day a week diet with quick recipes and a healthy eating plan for the other 5 days It s permanent Includes a healthy plan you can follow for life No more lose 10 pounds gain 15 Avoid regain and stay trim and healthy forever It s super efficient A quick twice a week exercise program to help you melt inches while you drop pounds It s healthy Our test panelists saw big improvements in blood sugar cholesterol triglycerides and blood pressure level lowering the risk for cancer diabetes heart disease and more *Sound Bites - the Best of the Low-Carb Lifestyle* Marilee Berry, 2005-10 Are you Curious about low carb eating but not sure which program to try Eager to understand the science behind the plans to be able to tailor a plan that s just right for you Looking for recipes that don t call for a lot of odd ingredients or special gourmet skills How about some money saving tips and inspiration from someone who s been there If you said yes then Sound Bites is for you Written by a woman who s not trying to sell some program with meal replacements or gimmicks Sound Bites is a how to book that demystifies the whole low carb topic and returns the reader to the world of delicious pleasurable healthful eathing [Healthy Carb Cookbook For Dummies](#) Jan McCracken, 2011-05-12 According to USA Weekend over a quarter of the adults in the U S have tried a low carb diet Many people have enjoyed lasting success Others have felt mystified or deprived and given up Whether you re a first timer or a try try againer this book helps you get with the low carb program and stick with it Building on the success of Low Carb Dieting For Dummies it gives you loads of nutritional information plus more than 100 sumptuous low carb recipes like Crunchy Brunch Oatmeal Pecan Waffles Caribbean Chicken Chile Spiced Broccoli and Lemon Torte with Raspberries Low Carb Cookbook For Dummies includes A complete nutritional analysis for each recipe so you can t go wrong Lots of recipes for dishes with 5 carbs or less Recipes that de carb no nos like Southern fried chicken and Philly cheese steak sandwiches Recipes for soups seafood and meat dishes including pork chops lamb and steaks with a steak chart so you can chart a low carb course Recipes for great desserts

including chocolate specialties and cheesecake Vegetarian recipes and crock pot specialties Terrific wrap recipes using lettuce tortillas or crepes Guidelines for eating low carb when you re dining out or brown bagging it Author Jan McCracken a health advocate and low carber for more than ten years has written two low carb cookbooks and is a contributor to numerous low carb publications Having fallen off the low carb wagon several times herself she alerts you to things that can sabotage your success and clues you in on carb counting and techniques that have worked for her You ll get started right with Mini courses on low carb math and on low carb nutrition and the glycemic index A shopping list for stocking a low carb kitchen The scoop on different kinds of carbs and artificial sweeteners Tips on using spices creatively for variety and flavor Advice on incorporating exercise including taking the first step and lots more steps with a pedometer Tips for reducing stress a common cause of bingeing With this information you won t be mystified With the fantastic recipes you won t feel deprived You will be inspired to stick to a low carb lifestyle one that can help you lose weight and feel healthier *Lose Weight the Smart Low-Carb Way* Bettina Newman, R.D.,David Joachim,Leslie Revsin,2002-04-06 Presents a program for lifetime weight control using three different plans that feature separate carbohydrate levels to accommodate every dieter s needs and is accompanied by sample menus shopping and cooking tips and recipes

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