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*The Low-Carb Comfort Food Cookbook* Ursula Solom, Mary Dan Eades, Michael R. Eades, 2013-02-21. The revolutionary cookbook that satisfies all your comfort food cravings from the New York Times bestselling authors of Protein Power. When you think about low carb diets, do you picture complicated meal plans and bland foods that leave you with cravings? Do the words "comfort food" make you long for scrumptious delights like pancakes, ice cream, chocolate chip cookies, or fettucine alfredo foods you thought you could never have on a low carb diet? If your answers to the above were yes, and yes, you're in for a huge surprise. You can have these foods and many more thanks to *The Low Carb Comfort Food Cookbook*. Drs. Michael and Mary Dan Eades and chef Ursula Solom give you unique, easy cooking tips and more than 300 yummy low carb recipes for foods that help you keep your weight down and fulfill your cravings. In no time at all, you'll be on an easy-to-follow low carb plan that will allow you to stay thin and healthy and feel great. Southern fried chicken with pan gravy, elegant biscuits, melt-in-your-mouth pancakes, deluxe low carb macaroni and cheese, beef and mushroom crepes, spicy corn chips, soft crust pizza, low carb beef stroganoff, raisin rolls, breaded sole, fettucine alfredo, low carb lasagna, super banana bread, low carb tacos, bean and cheese burritos, best garlic bread, eggplant parmesiana, rich low carb pound cake, scrumptious low carb cheesecake, apple brown Betty, cheddar cheese waffles, chocolate ice cream, key lime pie, sublime truffles.

*Living the Low Carb Life (Scholastic)* Jonny Bowden, 2004. Reveals hundreds of secrets to finding and sticking with a healthy, controlled carb program. If there's anything you want to know about low carb, this is the book for you.

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## Unveiling the Magic of Words: A Report on "**Low Carb Recipes Price**"

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