



Everyday Low Carb Cooking: 240 Great-Tasting Low Carbohydrate Recipes the Whole Family will Enjoy

Alex Haas

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Low-carb eating continues to gain adherents as people discover that they can lose weight and help manage chronic conditions such as diabetes and high cholesterol by eating more low-carb foods. *Everyday Low Carb Cooking*—here in its third edition—contains 225 recipes from two dozen cuisines that provide a wide variety of low-carb options. The recipes are designed for the entire family to enjoy, and cover salads, soups, and a wide variety of seafood, chicken, beef, pork, and vegetable choices. Haas has already been praised for the incredible variety of his recipes and for offering low-carb versions of such foods as salad dressings, chicken wings, crab cakes, and coleslaws—that are not readily available in other low-carb cookbooks. Each recipe includes macronutrient counts for each ingredient. This is an accessible, proven book of low carbohydrate recipes for everyone who wants or needs to be on a low-carb diet.

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