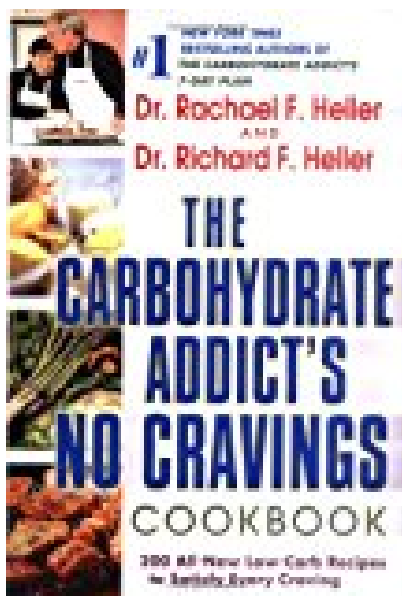


The Carbohydrate Addicts No-Cravings Cookbook



BOOK DETAILS

- Author : Rachael F. Heller
- Pages : 320 Pages
- Publisher : Dutton Adult
- Language :
- ISBN :



BOOK SYNOPSIS

Introduces two hundred quick and easy low-carb recipes designed to keep the dieter from getting bored, with categories set up by possible cravings for hearty, hot, spicy, creamy, and cheese-filled foods, and interesting substitutions for some of the standard low-carb fare.

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