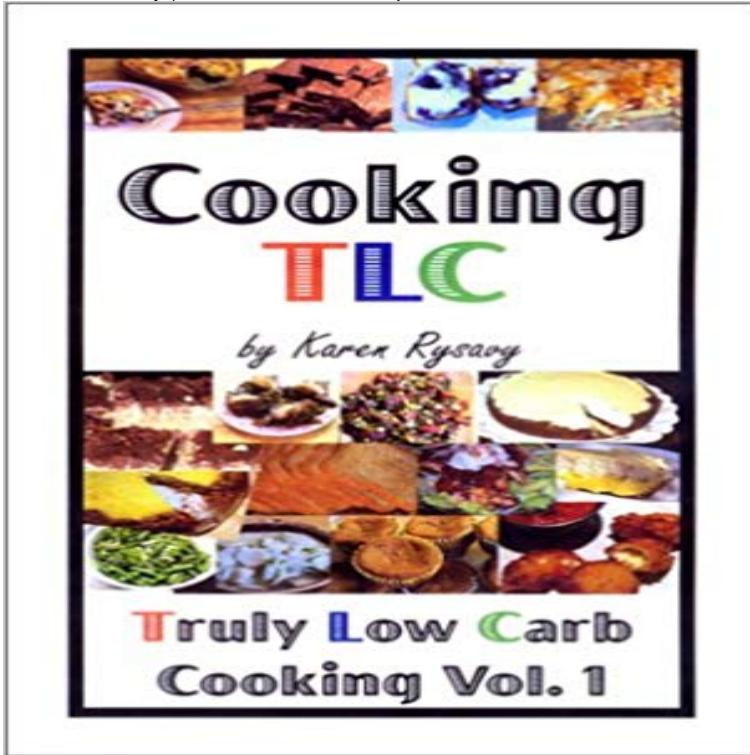


Cooking TLC: Truly Low Carb Cooking Volume 1



More than 135 delicious, original recipes for the low carb foods that you will want to make and eat again and again! Whether you are diabetic, overweight, struggling with elevated cholesterol levels, poly-cystic ovarian syndrome (PCOS), or you are suffering from a myriad of other health disorders, this cookbook will help you cope by lowering your carbohydrates while NOT lowering your standards for good taste! This cookbook is a convenient 6 x 8.5 in size when closed, so it takes up less of your valuable counter space while in use. TRUE coil spiral binding (not those binding machine combs) mean the pages turn easily, lay flat, stay open to the page you are using, and last a long time. It includes lots of handy kitchen tips, as well as metric and Celsius recipe conversions for international users. Recipes are confined to a single page in almost all instances, making them easier to follow. All the recipes are easy to follow and cook - you do NOT need to be an experienced cook to use this book! The typeface is bold and clear and easy to read and the book is printed on heavy-duty paper. Clear plastic slip covers front and back protect against kitchen splashes or other mishaps.

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