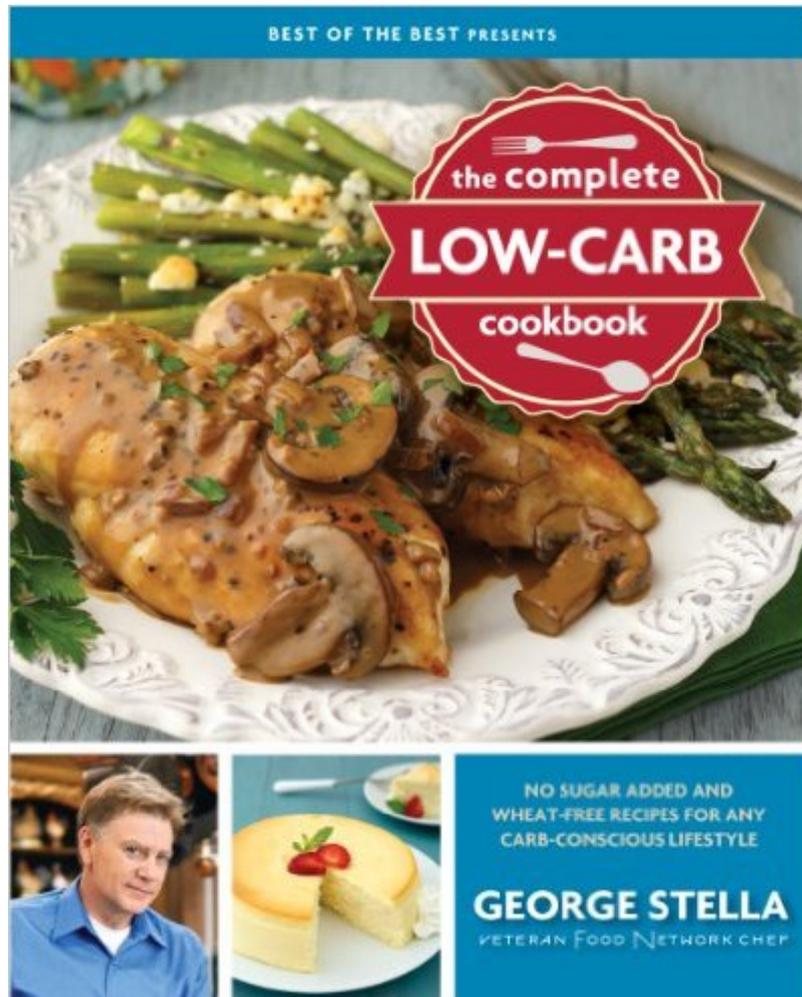


The book was found

The Complete Low-Carb Cookbook (Best Of The Best Presents)



Synopsis

George Stella's Food Network TV show and five bestselling cookbooks have established him as the leading authority on low-carb cooking. The Complete Low-Carb Cookbook is not just George Stella's best collection of recipes, but his definitive word on low-carb eating. With hundreds of helpful tips, you aren't just following along; you are learning how to use Stella's techniques to reinvent any of your own recipes without the use of processed foods. You are also learning how these techniques helped his family of four lose over 650 pounds. Over 60 full-color photos will help you present dishes that look as good as they taste. All 130 recipes are made without any wheat or added sugar, making them gluten-free, and great for diabetics as well.

Book Information

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (414 customer reviews)

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Customer Reviews

written by someone who has lived low carb for 15 years, has desert, appetizer, main dish, side dish, comfort food and even doughnut holes. No wheat only almond flour. No gluten added like most low carb books. Most of the pages have full page color pictures of dishes. Some great ideas, my family who doesn't eat low carb loves dinners made, they don't even know it is low carb.... Only down fall is the use of artificial sweeteners, but he talks about them and you can substitute any sugar you are comfortable with, I use honey or coconut sugar and deal with the carbs.... I am diabetic and for me it is more about keeping sugars in check since we are trying to get prego.... Highly recommend, favorite low carb book of my library...

The food is very "normal". You don't have to go out of your way to buy a bunch of specialty foods

and ingredients. You can serve these items to anybody and they wouldn't think twice. It's more than a cookbook, it's a way of thinking that opens your eyes.

I have to admit that I'm a big fan of George Stella. We have all of his other cookbooks, and we have enjoyed all the dishes that we have tried. George always provides top notch recipes, and this book contains many of them! Great book for the low carber, or for someone who just wants to eat fewer carbs without losing flavor.

My husband and I have been on a low-carb low-fat no sugar diet for a month now and after 2 weeks of being on the diet, I was starting to run out of ideas of what to cook. I looked and read a ton of reviews on before deciding to purchase this cookbook. It was really inspiring to read about why he and his family went on this diet and how much weight they've lost. I've tried quite a few recipes in here already and all of them have been delicious.

I pre-ordered "The Complete Low-Carb Cookbook", knowing that George Stella had created yet another great recipe book that is true to Low Carb, concise, & with the additional challenge of gluten free. My faith was generously rewarded! I have only tried 4 recipes so far (well, it just got here!), but they are winners! Right now, my biggest favorite? A macaroon crust NY Style Ricotta Cheesecake! The crust is GENIUS! Thank you Chef! Another work of(HE)ART!

I saw this on QVC while flipping channels. As I said, "I should get this," they ran out of copies. I had to wait 2 months for the true release. It was worth it! I don't season like George, but he is taking my low carb cooking in totally new directions. Coconut pancakes and cinnamon mug muffins are to die for. I've had the book for a week and have used it just about every day. I didn't even know who this guy was before reading this book. Now that I do, I'm glad we crossed paths.

This has many easy and yummy recipes!! I love George Stella's other cookbooks also but this is becoming my favorite:) I love the breakfast sausage muffins, all the great tips he provides and the simplicity of the recipes!! If you are eating low carb you will love this cookbook - it is a must have!! Thank you George Stella!!!

George Stella was a restaurant chef but he didn't eat the food served at the restaurant. Instead, he ate all the wrong foods at home. George and his family were all way, way overweight until he began

to cook low-carb and then the pounds fell off. Everyone in his family is now at a normal weight. The recipes are creative and delicious. They are not complicated. You cannot go wrong with this. My weight is now going down and I am enjoying my food.

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