

More Splendid Low-Carbing

By Jennifer Eloff



A rather common challenge for anyone on most restrictive diets is "Boredom". Another is "Trying to lose those last 10 to 15lbs". Well, Jennifer's "been there ... done that" and knows exactly how you feel! Her low-carb recipes represent a welcome breakthrough. All 165 of these very tasty recipes are below 10g of Carbs/serving, 75% are below 5g and 50% are below 3g. Finally, Low-Carb diets can be tasty, sustainable diets. Now also we finally have a book with "Fat Fast" recipes and ideas. Jennifer has 10+ yrs of experience creating tasty recipes for folks on restrictive diets, such as those with diabetes and, of course, also for fellow low-carbers. Looking at the wide variety of yummy recipes in this book, as well as those in **Splendid Low-Carbing**, most of which were thought to be off limits forever, people ask, "Where is the diet?" Well, we low-carbers no longer need feel deprived when others enjoy bread, pizza, éclairs, chocolates, biscotti, waffles, cheesecakes, brownies, cakes, condensed milk, taco salad, chocolate chip cookies, gingersnaps, pies and even ice creams. Now we can "Have our cake and eat it too!" ... and why not? We encourage you to eat sensibly and to stay trim, healthy, happy and in love.



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