

Splendid Low-Carb for life Vol-2



Jen has risen to the low-carb challenge yet again! This book is full of delicious healthy, easy to make recipes, including innovative new low-carb bake mixes, such as Biskmix™, Splendid Low-Carb bake mix™ and others, which place all sorts of our previous life's high-carb favorites back on our Low-carb menus again, such as Red Lobster® style cheddar biscuits, Corn bread, English tea scones, double crust Apple-peach lattice pie, decadent brownies and Chocolate peanut butter cups. All of the recipes in this book are less than 10g of carbs per serving, 75% are < 6g and 42% are < 3g. All Jennifer's Splendid Low-carbing™ books adhere to similar stringent guidelines, and prove that Low-carb diets can be tasty, effective and sustainable! 3 months shy of 48, Jen (pictured here on the day this book was completed, when most cookbook authors hide their scale) is a real-life example of the effectiveness of the low-carb lifestyle! Go ahead, enjoy your food again, stay trim, healthy, happy and, of course ... in love! There are many more beautiful recipe photos at: Low-Carb.us



Jennifer Eloff, author of National best-sellers, **Splendid Low-Carb**, **More Splendid Low-Carb**, **Splendid Desserts** and **More Splendid Desserts**; as well as **Splendid Low-Carb for life Vol-1** and **Vol-2**, and **Splendid Low-Carb Desserts**, is an avid low-carber and was the 1st author (worldwide) to develop highly specialized cookbooks for people on restrictive diets (having authored 7 such books in almost 14 years) that use the highly popular Splenda®. Her first 2 books were developed, in the early '90s, to help people with Diabetes. Then in the late '90s she developed the "Splendid Low-Carbing™" series for Low-Carbers like herself; this one being the 5th. Jennifer's family lives in the awesome beauty of the Rockies, where she continues to develop the "Splendid Low-Carbing™" cookbook series and home-schools their teenage son - their eldest is now at University. God, family, love and good food; it's "back to the basics". Visit Jen at: www.Low-carb.us



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