

Splendid Low-Carb-ing for Life, Volume-1

By Jennifer Eloff

Sweety.com/Jen.htm



FACT: "Carbs are very cheap and quite freely available, whereas very few families can afford to adopt a truly low-carb menu and still pay their other bills". Yes, nowadays one can buy some very tasty low-carb goodies at a variety of on-line and regular stores, BUT they are still quite expensive! Jennifer realized that for our family to adopt the low-carb lifestyle, it was important that we not feel deprived, so now very few of our old favorite foods are missed by us - and our grocery bill is only slightly higher than it used to be! As such, Jennifer's many tasty, low-carb recipes represent a welcome achievement! All the recipes in this book are < 10g of Carbs/serving, while 64% are < 5g and 43% are < 3g. All Jennifer's books adhere to similar stringent guidelines. Now low-carb diets can be tasty, sustainable and also affordable! Jennifer (pictured here at 46) is a compelling, real-life example of the effectiveness of the low-carb lifestyle! Enjoy your food, stay trim, healthy, happy and, of course ... in love!



Jennifer Eloff, author of National best-sellers, **Splendid Low-Carb-ing, More Splendid Low-Carb-ing, Splendid Desserts and More Splendid Desserts**, is an avid low-carber and was the first author (worldwide) to develop highly specialized cookbooks for people on restrictive diets (having authored 5 such books now over the last 10 yrs) that use Splenda® as their primary sweetener. Jennifer lives in the awesome beauty of the Canadian Rockies, where she continues to develop the "Splendid cookbook" series and, together with her childhood sweetheart, home-schools their two teenage sons and runs a worldwide internet outreach mission designed to help people, whose lives may not have turned out to be so wonderfully blessed, to try and find happiness too. **God, love and good food; it's "back to the basics"**. Visit her at Web Sites: www.TheChapel.cc www.Sweety.com www.Low-Carb.us www.Jenny.ws

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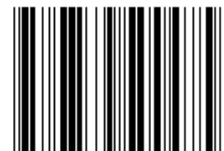


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