



Saving Dinner the Low-Carb Way: Healthy Menus, Recipes, and the Shopping Lists That Will Keep the Whole Family at the Dinner Table

Leanne Ely

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Leanne Ely doesn't actually cook dinner for your family. It just feels that way.

Certified nutritionist Leanne Ely loves delicious food and is dedicated to enticing today's busy families back to the dinner table with home cooking that cannot be beat. In *Saving Dinner the Low-Carb Way*, she integrates low-carb requirements into her mélange of dining pleasures for every season—providing easy-to-follow menus and highlighting per-serving measurements of calories, fat, protein, carbohydrates, cholesterol, and sodium for each dish.

Itemizing ingredients by product in convenient lists, Ely makes your grocery shopping quick and effortless. She also gives you a helping hand in the kitchen with shortcuts that take the stress out of cooking, and suggests menu variations for children and family members who choose not to go the low-carb route.

The result? These dinners are not only balanced and healthy but truly varied and delectably good to eat. Main dishes like Low-Carb Beef Stroganoff, Crustless Quiche Lorraine, Crock-Pot Pork Jambalaya, Skillet Salmon with Horseradish Cream, and nearly 150 other entrees (plus recommendations for great side dishes) make dinnertime special in more ways than one.

From the Trade Paperback edition.

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Bernadine Williams:

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John Barrow:

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Sandra Kelley:

A lot of people always spent their particular free time to vacation as well as go to the outside with them friends and family or their friend. Do you know? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you wish to try to find a new activity here is look different you can read the book. It is really fun for you. If you enjoy the book you read you can spent the whole day to reading a book. The book Saving Dinner the Low-Carb Way: Healthy Menus, Recipes, and the Shopping Lists That Will Keep the Whole Family at the Dinner Table it is very good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. If you did not have enough space to develop this book you can buy typically the e-book. You can m0ore very easily to read this book from the smart phone. The price is not too expensive but this book offers high quality.

Juli Gadberry:

This Saving Dinner the Low-Carb Way: Healthy Menus, Recipes, and the Shopping Lists That Will Keep the Whole Family at the Dinner Table is fresh way for you who has intense curiosity to look for some information as it relief your hunger of information. Getting deeper you in it getting knowledge more you know or perhaps you who still having little bit of digest in reading this Saving Dinner the Low-Carb Way:

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