



Good Carb, Better Carb Cookbook

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From the editors of The Low-Carb Bible comes this essential guide to "smart-carb" eating. This comprehensive cookbook offers countless smart-carb choices for weight loss and healthy living, with over 120 delicious and nutritious recipes for everything from soup to snacks. Plus, you'll find invaluable information on:

- Understanding the role of carbohydrate in nutrition
- Making dietary changes that lead to weight loss and good health
- Distinguishing between empty, good, and better carbs
- Increasing your good-carb intake at home or when dining out
- And much more!

With complete nutritional analyses for each recipe, mouthwatering photographs, and delectable dishes like French Lentil Salad, Orange-Almond Chicken, Pork & Plum Kabobs, Savory Pita Chips, and more, this complete book will prove that eating well never tasted so good!

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Alan Coleman:

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