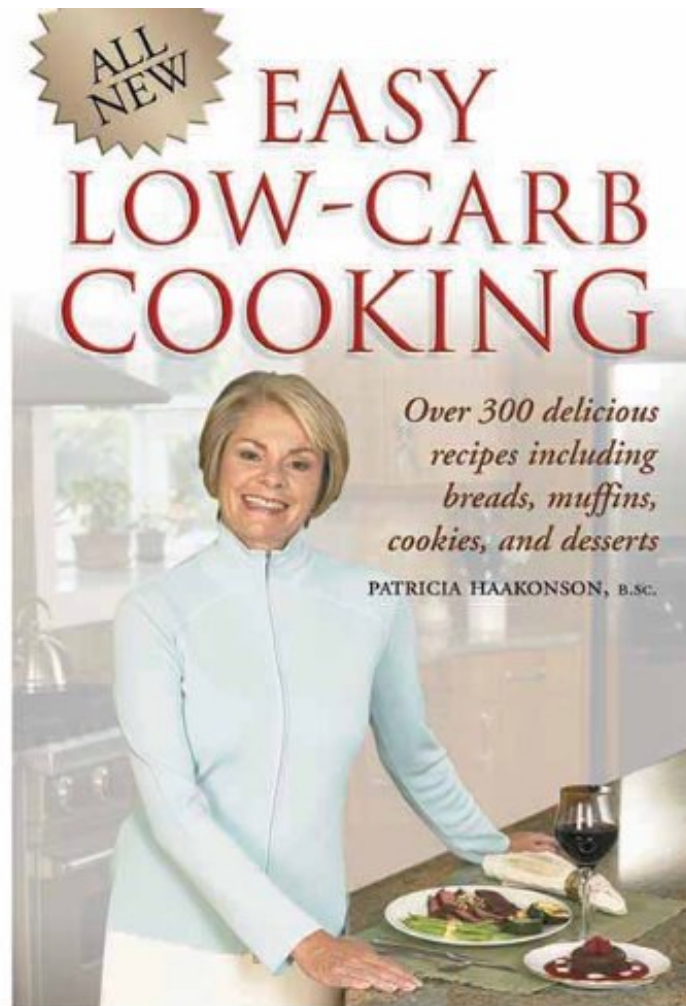


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## All New Easy Low-Carb Cooking: Over 300 Delicious Recipes Including Breads, Muffins, Cookies and Desserts

Patricia Haakonson

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Well-known Canadian authors, Dr. Harv Patricia Haakonson present a revolutionary, balanced approach to dieting — from low-fat to low carb to their special approach: “slow carb.” “Slow carbs” are carbohydrates that convert to blood sugar over time, avoiding the negative health impacts related to eating highly refined carbohydrates. “Slow carb” relies on a balance of normal food portions, including fruits, whole grains, and proteins. What sets Slow Carb for Life apart from other low carb books? It offers: \* simple explanations for the science behind slow carb metabolism \* a realistic and proven approach to changing eating habits \* advice for special dietary needs, e.g. teens, vegetarians, and diabetics \* simple, practical, everyday tips to maintain the slow carb fat burn \* easy-to-follow daily intake guidelines for weight loss or weight maintenance \* a handy built-in carb counter and food diary to make weight loss easy \* over 100 delicious slow carb recipes for breads, muffins, and cookies in addition to soups, salads, vegetables, poultry, fish, and meat \* FAQs and testimonials about experiences and successes with this approach This complete guide includes everything for the novice and the long-term “slow carb” to succeed.

About the AuthorPatricia Haakonson, BSc, is the coauthor of "Easy Low-Carb Cooking "and "Easy Low-Carb Living." She lives in Palm Springs, California.