



Low Carb Creations from Lauri's Kitchen: Recipes for Your Carb-Conscious Lifestyle

Lauri Ann Randolph

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More delicious recipes from the author of the best seller "Lauri's Low Carb Cookbook". Lauri Ann Randolph has done it again; another superb collection of recipes to tantalize the taste buds. More than 460 low carb recipes including over 360 basic recipes plus more than 100 variations. The recipes emphasize nutritious, whole foods taking the dieter from the Induction Phase, through the Weight Loss Phase and into the Maintenance Phase. Recipes vary from simple to gourmet featuring cuisines from around the world and including plenty of helpful hints for the novice cook.

This cookbook also contains valuable information regarding fiber, essential fatty acids, sweeteners and which fats and oils are most appropriate from different cooking methods. There is also helpful information about cooking with herbs and with alcohol to enhance and deepen the flavors of recipes.

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