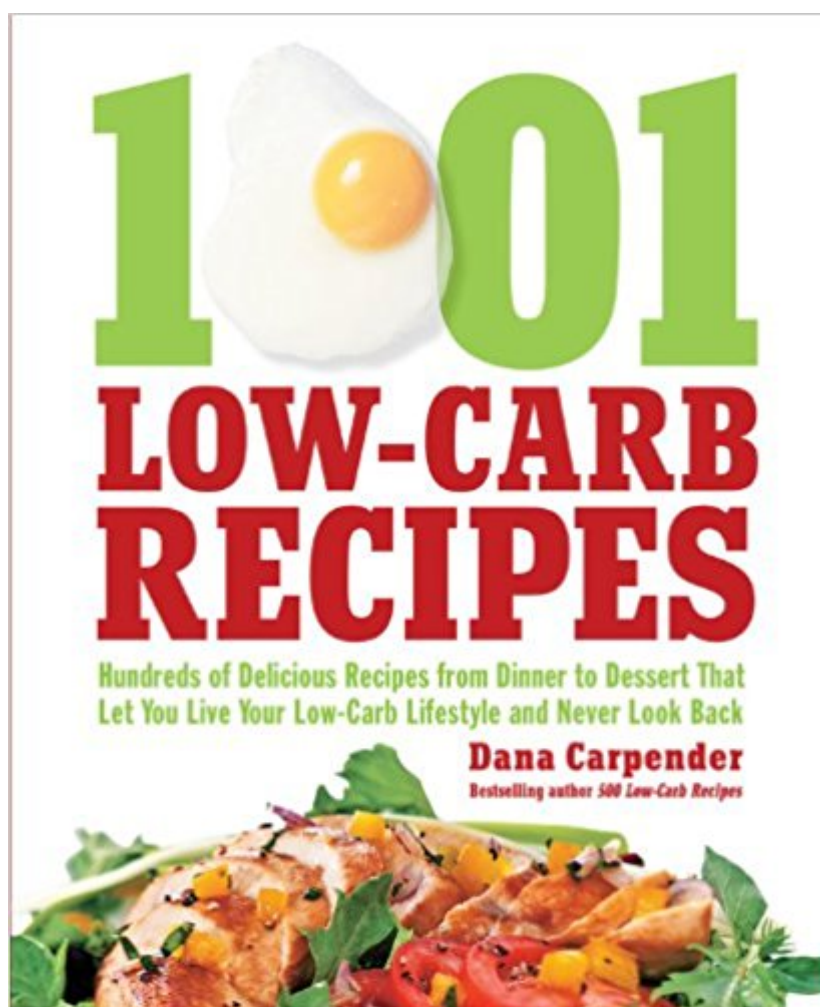


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# 1,001 Low-Carb Recipes: Hundreds Of Delicious Recipes From Dinner To Dessert That Let You Live Your Low-Carb Lifestyle And Never Look Back





## Synopsis

This tasty collection draws on the best 1,001 recipes from Dana Carpender's™ bestselling books including 500 Low-Carb Recipes, 15-Minute Low-Carb Recipes, 500 More Low-Carb Recipes, 200 Low-Carb Slow Cooker Recipes, The Low-Carb Barbeque Book, and Low-Carb Smoothies. You'll find delicious and varied options including recipes for "high-carb" foods you thought you had to give up forever such as Cinnamon Raisin Bread and Mocha Chocolate Cheesecake. Staying the low-carb course will be easy with choices from barbecue to slow-cooker to internationally-inspired dishes.

## Book Information

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## Customer Reviews

Dana Carpender is pioneer of the low-carb movement and a bestselling author of over 14 cookbooks, including 1001 Low-Carb Recipes, 500 Paleo Recipes, 15-Minute Low-Carb Recipes, The Low-Carb Diabetes Solution Cookbook, 200 Low-Carb, High-Fat Recipes, The Low-Carb Diabetes Solution, the Insulin Resistance Solution, 500 Ketogenic Recipes and many more. To date her books have sold over a million copies worldwide. She writes about low-carb cooking and nutrition on her Facebook page, Dana Carpender's Hold the Toast Press. She lives in Bloomington, Indiana with her husband and a menagerie of pets, all of whom are well and healthily fed.

I am back on the low-carb bandwagon. Although I did low-carb it a couple years ago and lost 30 lbs,

I gained it back by falling back into my old habits. I am now modifying my lifestyle to get to a healthy weight and to maintain a good level of fitness! In addition to cutting out flours, grains and sugars, I have started an exercise regimen. I have lost 18lbs since December 9th, 2014. I generally use cookbooks and recipes for inspiration and ideas. I like to add my own flair to recipes, according to my personal taste. But I would have never known about cauliflower "fauxtatoes" or cauliflower rice pilafs ( I am also hooked on zucchini "noodles" !). This book has helped me get creative in my low-carb kitchen, and I am enjoying de-carbing some of my favorite kinds of dishes. Yes, there are a lot of specialty staples you will have to stock your pantry with, but once you do, you will have a lot of options. Dana goes into detail about a lot of these foods, which for me was really helpful. I am a good cook and consider myself a knowledgeable "foodie" but a lot of these ingredients are new to me. Just the other day, I made Dana's Sour Cream Poppy Seed muffins. What a treat! Even my carb-eating family and friends liked them. A month ago, I couldn't have made a tasty low-carb baked good to save my life! This book is like the "Joy of Cooking" for my low-carb lifestyle!

I'm on an aggressive keto diet (

The one thing I missed the most when I switched to a low-carb diet was cooking exciting, fun meals. Almost every recipe I knew was loaded with carbs, and every cook book I owned didn't offer much better, so for a long time the fanciest I got when cooking was just switching up the seasonings on my meat for dinner. I saw there were Atkins brand cook books, so I bought those right away, but was pretty disappointed. The meals were bland, many of them called for ingredients I had to go WAY out of my way to make, like homemade bread, and overall lacked variety. Also worth mentioning is how they were chalk full of eyebrow raising nutritional information, like one that stated that studies have shown saturated fat actually "unclogs" arteries... yeah right! Missing cooking so bad, I decided to try out one more book before I gave up, and I'm glad I did. Out of all the cook books I own (over a couple dozen!) this has got to be my favorite. I've tried over a dozen of the recipes so far and having so much fun! There is such a large variety of meals to choose from that are well explained and easy to prepare. One week I'm making all kinds of Indian and Middle Eastern style foods, the next I'm making exciting salad dressings (like Orange Bacon Vinaigrette!) and soups from scratch (love the Swiss Broccoli), and this week I flambeed steak for the very first time! I'd recommend this book to anyone who likes to cook, but I can't recommend it enough to those who are on a low-carb diet as well! I'm so glad I can continue to lose weight without giving up my favorite hobby!

As someone attempting a ketogenic diet, my first time around I quickly grew bored with a diet of meat, cheese, eggs and more eggs, so I searched for low-carb cookbooks and decided on this one. This is the only low-carb cookbook I own and I find it extremely comprehensive. There are no pictures in the cookbook, which I would normally find to be a drawback, but it didn't hinder or hamper my perusal of the book and subsequent cooking in the least. The descriptions are succinct and descriptive, the directions are clear and the ingredients are common, plus the discussion of low-carb ingredients at the start of the book is quite helpful for newbies. The cookbook has a variety of recipes with different carb counts, which works well since low-carbers often have different daily carb count goals. A huge bonus of this book is that I had a question about a recipe and I emailed the author and she wrote me right back! (I didn't want to use soy powder in a recipe, so she gave me an alternative.) As far as the book design itself goes, since it's so thick, the cookbook stays open without the need to put anything on it or use a holder. Anyone who uses cookbooks regularly knows how big of a deal this is, and I usually look for spiral bound cookbooks, but this one works just fine as a paperback. The only revision I'd make to this book is adding information on the fat in each recipe (each recipe has a listing of protein, fiber, carb and usable carb info). I'm trying to balance my fat and protein intake, and that would be super helpful so I don't have to make the calculations by hand. I think I understand why the author didn't include that info-Americans are all together too fat-phobic. In summary, this is probably the only cookbook I'm going to need for a long time-what a fantastic investment!

When I switched to low-carb eating a few years ago I learned a lot of substitutions, but the number of crazy ingredients in this book is off the charts. If you are determined to recreate your high-carb eating lifestyle no matter the effort, then this is the book for you. It has lots of recipes to replace the ones you have to give up when you go low-carb. (I find it interesting that she says in her intro that you should not be doing that, then she gives you all the tools you need to do it) That being said, there are also some good recipes in here with normal ingredients, you just have to sort through all the other ones to get them. I would say that this is a good cookbook for people who've been on low-carb eating for awhile and want to shake things up and expand their horizons. It's a little too intimidating for a newbie. If you are a newbie, I recommend George Stella's cookbooks. They have simpler ingredients and recipes.

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