



# Good Food: Low-Carb Cooking

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## **Good Food: Low-Carb Cooking** BBC Books

Equally popular for weight-loss and health-conscious reasons, low-carb diets are all the rage. Jump on the bandwagon, or support a long-standing lifestyle choice, with this handy little cookbook from the *Good Food* team. Full of new ideas to keep mealtimes interesting, these recipes prove that low-carb food can be filling and delicious, as well as super healthy! Each of the 101 recipes for main courses, snacks and treats is accompanied by a full nutritional break down and color photo and the *Good Food* triple-testing process means low-carb cooking will be as easy as it is rewarding!

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