



# Healthy Carb Cookbook For Dummies

*Jan McCracken*

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According to *USA Weekend*, over a quarter of the adults in the U.S. have tried a low-carb diet. Many people have enjoyed lasting success. Others have felt mystified or deprived and given up!

Whether you're a first-timer or a "try, try-againer", this book helps you get with the low-carb program and stick with it! Building on the success of *Low-Carb Dieting For Dummies*, it gives you loads of nutritional information plus more than 100 sumptuous low-carb recipes like Crunchy Brunch Oatmeal Pecan Waffles, Caribbean Chicken, Chile Spiced Broccoli, and Lemon Torte with Raspberries. *Low-Carb Cookbook For Dummies* includes:

- A complete nutritional analysis for each recipe so you can't go wrong
- Lots of recipes for dishes with 5 carbs or less
- Recipes that de-carb no-nos like Southern fried chicken and Philly cheese steak sandwiches
- Recipes for soups, seafood, and meat dishes, including pork chops, lamb and steaks (with a steak chart so you can chart a low-carb course)
- Recipes for great desserts, including chocolate specialties and cheesecake
- Vegetarian recipes and crock pot specialties
- Terrific wrap recipes using lettuce, tortillas, or crepes
- Guidelines for eating low-carb when you're dining out or brown-bagging it

Author **Jan McCracken**, a health advocate and low-carber for more than ten years, has written two low-carb cookbooks and is a contributor to numerous low-carb publications. Having fallen off the low-carb wagon several times herself, she alerts you to things that can sabotage your success and clues you in on carb counting and techniques that have worked for her. You'll get started right with:

- Mini-courses on low-carb math and on low-carb nutrition and the glycemic index
- A shopping list for stocking a low-carb kitchen
- The scoop on different kinds of carbs and artificial sweeteners
- Tips on using spices creatively for variety and flavor
- Advice on incorporating exercise, including taking the first step (and lots more steps) with a pedometer
- Tips for reducing stress (a common cause of bingeing)

With this information, you won't be mystified. With the fantastic recipes, you won't feel deprived. You will be inspired to stick to a low-carb lifestyle—one that can help you lose weight and feel healthier!

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