



Low Carb-ing Among Friends Cookbooks: 100% Gluten-free, Low-carb, Atkins, Wheat-free, Sugar- Free, Recipes, Low-Carb Diet, Cookbook Vol-5

Jennifer Eloff Best Selling Author, George Stella Best Selling Author, Dr. Robert Su, D.J. Foodie, Lisa Marshall

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Low-Carbing Among Friends is a NATIONAL BEST SELLER cookbook series for the Low-Carb community by the World's most famous LC-GF recipe creators and the #1 Low-Carb team in the world! (1) Vol-5 has many lovely COLOR photos + Recipes organized by Category -all stringently Low-Carb! 100% of the recipes are Sugar, Wheat and Gluten Free. IMPORTANT: Authors tested their recipes with a variety of Low-Carb sweeteners, NATURAL and/or artificial. It is easy to use our cross-substitution info for YOUR FAVORITE SWEETENER (2) It is a collaboration between 11 talented recipe creators (5 for Vol-5) and a respected doctors. They are coaches and cheer leaders (3) Each book showcases the unique talents and recipes of each recipe creator, bringing an exciting new style of cookbook (never seen before) to the low-carb world, PLUS we have a FRIENDS section of YOUR BEST recipes! This team of 11 experts work together, complementing each other perfectly, contributing advice, recipes and decades of learning, making this book very special for Low-Carbers! All recipes are less than 10g carbs/serving, but most are less than 5g -from strict Induction to regular low-carbing! It is only partially a Paleo/Primal resource! 2/3rds of the recipes are for Meal-times, about 1/3rd are for Breads, Desserts, Baking etc. If you are intolerant to gluten, have Celiac disease or prefer to avoid Wheat/Gluten products, you will be thankful for this enormous resource of awesome recipes that are Low-Carb, 100% wheat and Gluten-free! These recipes are incredibly innovative, simply wonderful breakthroughs! It is easy to create low-carb, sugar-free recipes -most people have a pretty good handle on that -it is much tougher to also make those recipes wheat-free and gluten-free - that is very challenging! We support you with websites, blogs, Facebook, many color photos + YouTube. **SPECIAL ORDER COIL BOUND** versions at AmongFriends.us or BUY regular version at AMAZON with (Amazon PRIME) FREE SHIPPING

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Donna Vazquez:

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