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# Cook's Encyclopedia of Low Carb Cooking

*Elaine Gardner (editor)*

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**Elaine Gardner (editor) : Cook's Encyclopedia of Low Carb Cooking** before purchasing it in order to gage whether or not it would be worth my time, and all praised Cook's Encyclopedia of Low Carb Cooking:

Overview More than 150 delicious recipes, including salads, soups, breakfasts and desserts, with at-a-glance nutritional information and clear step-by-step instructions Practical advice on maintaining a low-carb lifestyle and the nutrients we need for optimum health Includes a useful reference table listing the carbohydrate content and glycemic index of many common foods Two full weekly meal planners, to help you get started on a healthy low-carbohydrate diet Over 600 color photographs