



The Low-Carb Comfort Food Cookbook

By Mary Dan Eades, Michael R. Eades, Ursula Solom

Houghton Mifflin Harcourt Publishing Company. Paperback. Book Condition: new. BRAND NEW, The Low-Carb Comfort Food Cookbook, Mary Dan Eades, Michael R. Eades, Ursula Solom, This is the revolutionary cookbook that satisfies all your comfort food cravings - from the "New York Times" bestselling authors of "Protein Power". When you think about low-carb diets, do you picture complicated meal plans and bland foods that leave you with cravings? Do the words comfort food make you long for scrumptious delights like pancakes, ice cream, chocolate chip cookies, or fettucine alfredo-foods you thought you could never have on a low-carb diet? If your answers to the above were yes and yes, you're in for a huge surprise! You can have these foods and many more, thanks to "The Low-Carb Comfort Food Cookbook". Dr. Michael and Dr. Mary Dan Eades and chef Ursula Solom give you unique, easy cooking tips and more than 300 yummy low-carb recipes for foods that help you keep your weight down and fulfill your cravings. In no time at all, you'll be on an easy-to-follow low-carb plan that will allow you to stay thin and healthy - and feel great! This cookbook includes recipes such as: Southern fried chicken with...

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