

# The Low-Carbohydrate Cookbook

An expert guide to long-term,  
low-carb eating for weight loss and  
health, with over 150 recipes



Elaine Gardner

# Low Carbohydrate Cookbook

**Beth White**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Low Carbohydrate Cookbook:**

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