

**A COOKBOOK
FOR HUNGRY DIETERS**

AT LAST! THE JOY OF DIETING!
OVER 225 PLEASURE-WINNERS FOR WEIGHT-LOSERS



**THE LOW
CARBO-
HYDRATE
GOURMET**

HARRIET BROWNLEE

FOREWORD BY ABRAHAM WEINBERG, M.D.

Ballantine Cookbook / 25054 / \$1.95

BB

Low Carbohydrate Gourmet

Karen Barnaby



Low Carbohydrate Gourmet:

The Low-Carb Gourmet Harriet Brownlee, 2007-12-18 HERE S A NUTRITIONALLY SOUND VARIED AND TASTY REGIMEN FOR ANYONE ON A LOW CARB DIET In The Low Carb Gourmet Harriet Brownlee proves that low carbohydrate diets can be both rewarding and full of flavor Her variations on soups salads main dishes and even desserts are simple yet sophisticated allowing each dieter to modify his or her food plan to suit taste as well as nutritional needs In The Low Carb Gourmet you will find more than 225 recipes including appetizers breads pastas ethnic foods and desserts carbohydrate counts for every recipe and every portion nutritional hints for low carb dieting comprehensive gram and calorie counting charts This accessible guide is the perfect cooking companion for people who want to lose weight the low carb way as well as for those who simply want to maintain a healthy diet It is a book for everyone who appreciates fine foods but wants to stay slim The Low-Carb Gourmet Brigit Legere Binns, 2004 A flavorful assortment of seventy low carbohydrate recipes for the sophisticated palate presents a variety of tasty but healthful dishes including Gratin Style Spinach and Aged White Cheddar Souffl Hazelnut Crusted Freshwater Trout with Preserved Lemon Relish and Star Anise Flan with Blackberries Original

The Low-carb Gourmet : 250 Delicious and Satisfying Recipes Karen Barnaby, 2004 Low-Carbohydrate Gourmet Harriet Brownlee, 1977-09-01 **Low Carb Made Easy** John Ratcliffe, 2005 The Glycemic Index GI has shattered the myths about dieting forever Find out about this essential new approach to lifelong health that offers real solutions to weight loss heart disease cholesterol and diabetes The Low-Carb Gourmet Barrett Williams, ChatGPT, 2025-08-06 Discover a world where gourmet delight meets healthy living with The Low Carb Gourmet This transformative eBook transcends traditional dieting presenting a culinary revolution that indulges your senses while keeping carbohydrates low and spirits high Dive into Chapter 1 to uncover the science of carbohydrates and learn how to redefine your ingredient list with smart substitutions Whether you re a seasoned chef or a kitchen novice this guide takes you step by step through essential tools and techniques in Chapter 2 that are necessary to create culinary masterpieces without the carbs Enter the artful approach to low carb living starting with breakfast transform how you enjoy the most important meal of the day with creative uses of eggs dairy and sugar free treats Venture into midday meals with lunches that dazzle focusing on salads wraps and hearty soups as explored in Chapter 4 With dinner the stakes are raised Chapter 5 guides you through mouthwatering main courses from perfectly marinated meats to innovative vegetable dishes and succulent seafood inspirations For those who love to entertain Chapter 6 offers sophisticated hors d oeuvres that impress without the guilt Reimagine traditional sauces dressings and baked goods with revolutionary recipes from Chapters 7 and 8 while sweet endings await in Chapter 9 with low carb desserts that embody indulgence without compromise Global cuisine aficionados won t miss out as Chapter 10 delivers international flair with low carb adaptations from Italy Asia and South America Quench your thirst with balanced beverages in Chapter 11 featuring cocktails and creamy smoothies Overcome culinary challenges with practical strategies for cravings dining out and meal

prepping across Chapters 12 and 13 ensuring sustained success Celebrate the seasons and savor holiday favorites in Chapter 14 all while embracing the sustainable lifestyle practices in Chapter 15 to make this journey a lifelong adventure Embark on your epicurean low carb journey with *The Low Carb Gourmet* where every meal is a celebration of health and flavor *The Low-Carbohydrate Gourmet Cook Book* Cherie Van Styn,2000 *Low-Carb Gourmet* Karen Barnaby,2005 Delicious and satisfying recipes that are suitable for all today s popular and fashionable low carb diets Millions of people are following low carb diets reaping the weight loss and health benefits of low carb eating But it can get monotonous and if you are a real food lover it can be hard to find recipes that will provide variety and sophistication and that taste great too *The Low Carb Gourmet* features uncomplicated recipes that will be a pleasure to serve and make mealtimes something to look forward to If you are on or contemplating a low carb diet *The Low Carb Gourmet* will give you everything you need to make this kind of eating a way of life tips on low carb living cooking and shopping inspiration for entertaining family meals and menu planning plus 80 fabulous easy to prepare recipes **Low Carb Recipes** RWG Publishing,2024-12-11 Want to lose weight but can t give you the foods you love Try these simple satisfying and slimming diets You picked up the resolution to eat healthily but never thought you would have to give up on all the items you love Not anymore The biggest problem with most of the foods we love is sugar and carbs Carbs being the biggest source of calories are the reason why we cannot keep our calorie count in check But what if we remove carbs from food and make enough room for sweets That s what the low carb diet can do Sneak into the world of a healthy all rounder diet *The Best Low Carb Recipes Instructions to Cook Perfect Meals Step by step usage guides Time Required to Cook the Meal Recipes for varied portions Includes Recipes for Breakfasts Vegetarian Meals Chicken Meat Sea Food Snack and Appetizer Special Occasions and Family Gatherings And most importantly DESSERTS* Don t worry about the calorie count anymore and have delicious meals every day Lose weight now and permanently Don t Give up on Your Favorite Items Anymore Make them Low Carb **Gourmet Keto Diet Cookbook for Women After 50** Serena Green,2020-11-05 Do you want to burn fat without diet headaches after the age of 50 Do you want to reverse aging boost your metabolism and forget digestive problems while tasting a lot of mouth watering ketogenic recipes Or are you simply looking for 150 low carb gourmet recipes Losing weight after 50 is always a struggle With an estimated 3 in every 4 75% senior citizens in the United States expected to be obese by 2025 we are sitting on a time bomb because with obesity comes all manner of associated health problems like heart disease high blood pressure skin aging diabetes arthritis and much more Why do this always happen Because the metabolism has been substantially slowed down but there is another problem The standard diets are not suited for women especially those in their menopausal years 50 years and above This makes it very hard for women over 50 to sustainably lose weight on a diet This *Gourmet Cookbook TM* offers you a lot of ketogenic recipes 100% adjusted for women above 50 with the aim of help you reverse aging boost the metabolism balance hormones In this book you will find What is keto diet and its importance for women above 50 How exactly does the Ketogenic diet affect

women over 50 years in a manner that is different from everyone else What foods should you eat and which ones should you avoid as you follow the keto diet as a woman over 50 The 9 Key takeaways for women above 50 on keto diet The 3 Problems to be aware of for women above 50 on keto diet The 150 Gourmet Recipes for women after 50 34 keto breakfast recipes 33 keto lunch recipes 36 keto dinner recipes 20 keto snacks recipes 20 keto smoothie recipes Bonus 9 exercise friendly keto recipes The Gourmet Keto Cookbook for Women After 50 TM offers a comprehensive guide to cooking some of the most mouth watering ketogenic recipes in the easiest ways With detailed step by step instructions you are sure to find value and taste in every recipe If you are tired of following diets that end up causing unintended problems that you can't deal with this smart cookbook will show you a new approach to dieting that will not only see you fat burning but keep it off and achieve lots of health benefits like fighting diabetes heart disease cancer arthritis diabetes aging and much more What are you waiting for Are you ready for the keto transformation Scroll up and click the BUY NOW button to grab this copy of this healthy masterpiece

George Stella's Livin' Low Carb George Stella, 2007-11-01 George lost weight with Stella Style eating fresh foods using low carb ingredients to reinvent your old favorites developing better eating habits and most of all eating food you love And he wasn't the only one The entire Stella family shed more than 560 pounds In Livin Low Carb George has brought together more than 125 of the Stella family's favorite recipes For breakfast there are Blueberry Pancakes or George's Gorgeous Macadamia Banana Muffins For lunch or dinner try Low Carb Pizza Tequila Chicken Quesadillas Spaghetti Squash Alfredo Lasagna Anaheim Shrimp Scampi and Southern Fried Chicken And don't forget soups salads and vegetables You'll find recipes here for Key West Caesar Salad Turkey Vegetable Soup and Garlic Mock Mashed Potatoes If it's sweets you crave try Chocolate Pecan Brownies or New York Ricotta Cheesecake There are also party recipes Nutty Muddy Trail Mix Teriyaki Sesame Tuna Skewers tasty drink concoctions Strawberry Milkshakes Lemon Lime Slushies and a wide array of condiments and dressings including Quick and Easy Ketchup and Thousand Island Dressing These recipes feature easy to find low carb ingredients that will fit any budget More than just a cookbook Livin Low Carb is a practical guide to a sustainable low carb lifestyle

[The Gourmet Prescription for Low-Carb Cooking](#) Deborah Friedson Chud, 2002-04 In this truly sophisticated lower carbohydrate cookbook the author offers 163 enticing full flavored recipes geared toward a range of dietary results lower insulin increased fat burning capacity more energy and weight loss 47 color photos *The Gourmet Prescription* Deborah Friedson Chud, 1999 An avid cook and food lover shows how to prepare sophisticated gourmet dishes that are well balanced and low in fats and carbohydrates 47 color photos

Dinner in Five Rami Abramov, Vicky Ushakova, 2019-12-22 Created by the duo behind the ultra popular low carb website Tasteaholics.com Dinner in Five is a cookbook unlike any other featuring 30 delicious dinner recipes each requiring only 5 common ingredients and containing up to 5 grams of net carbohydrates Dinner in Five is the third of the Keto in Five series What's in this Cookbook 30 low carb dinner recipes all using just 5 ingredients and 5 net carbs or fewer Beautiful images for each dinner so you'll know exactly

what you'll be enjoying Caloric and macronutrient data we calculated everything for you so you can track your meals easily Low carb and keto diet basics for beginners and seasoned low carb ers alike Helpful recipe notes and lots of tips for progress and meal tracking Reviews from Top Low Carb Leaders I wish I had these easy low carb recipe collections back when I was just getting started on the keto diet It was tough for me to find simple recipes to get through the day TryLowCarb makes it easy I highly recommend the Breakfast Lunch and Dinner in Five eCookbooks Lisa MarcAurele Founder of LowCarbYum.com If you're into flavorful 5 ingredient recipes that are easy to prepare this eCookbook series is for you Vicky and Rami keep the focus on simple standard ingredients and basic cooking techniques ensuring that even those with crazy time constraints and rudimentary cooking skills can stay on track Kimberly Hardesty Founder of LowCarbMaven.com The Keto In Five cookbooks are all about minimalism The concept is brilliant every single recipe has five ingredients or less and five net carbs or less If you are struggling to brainstorm low carb ideas and want something easy this was tailor made for you If you are on the keto diet or just trying to cut back on carbs you will get a lot of value out of this cookbook Tasha Metcalf Founder of Ketogasm.com With Dinner in Five succeeding in your low carb diet has never been easier Why 30 Dinners Dinner is the hardest to prepare and the meal most commonly eaten at home Most low carb dinner recipes will keep you in the kitchen not only preparing the meal but scrambling to find all the necessary ingredients too Simple and Delicious Dinner in Five is a month's worth of simple delicious low carb and high fat ketogenic dinner recipes that are each made with just 5 common ingredients and are up to 5 grams of net carbs There's simply nothing better than that Low Carb Made Easy Enjoy unconventional burgers heavenly steaks gourmet style seafood mouthwatering sauces sides and much more every day of the month Living a low carb lifestyle has never been more enjoyable and sustainable Being Low Carb is Easier Than Ever Up to 5 Net Carbs per Serving You can count the carbs in each dinner on one hand Go ahead have seconds you'll still be within your daily carb limit 5 Ingredients per Recipe Cutting down the amount of ingredients reduces cost time complexity and even the willpower needed to cook Less is more Nutritional Information Calculating your daily calories and macros is crucial to hitting your goals sooner We calculated each recipe so you don't have to Personal Support Have a general question about the low carb diet or something specific about one of the keto dinners Email Vicky and Rami directly any time

Dinner in Five: Thirty Low Carb Dinners. Up to 5 Net Carbs & 5 Ingredients Each! Rami Abramov, Vicky Ushakova, 2017-12-09 Created by the duo behind the ultra popular low carb website Tasteaholics.com Dinner in Five is a cookbook unlike any other featuring 30 delicious dinner recipes each requiring only 5 common ingredients and containing up to 5 grams of net carbohydrates Dinner in Five is the third of the Keto in Five series What's in this Cookbook 30 low carb dinner recipes all using just 5 ingredients and 5 net carbs or fewer Beautiful images for each dinner so you'll know exactly what you'll be enjoying Caloric and macronutrient data we calculated everything for you so you can track your meals easily Low carb and keto diet basics for beginners and seasoned low carb ers alike Helpful recipe notes and lots of tips for progress and meal tracking Reviews from

Top Low Carb Leaders I wish I had these easy low carb recipe collections back when I was just getting started on the keto diet It was tough for me to find simple recipes to get through the day TryLowCarb makes it easy I highly recommend the Breakfast Lunch and Dinner in Five eCookbooks Lisa MarcAurele Founder of LowCarbYum com If you re into flavorful 5 ingredient recipes that are easy to prepare this eCookbook series is for you Vicky and Rami keep the focus on simple standard ingredients and basic cooking techniques ensuring that even those with crazy time constraints and rudimentary cooking skills can stay on track Kimberly Hardesty Founder of LowCarbMaven com The Keto In Five cookbooks are all about minimalism The concept is brilliant every single recipe has five ingredients or less and five net carbs or less If you are struggling to brainstorm low carb ideas and want something easy this was tailor made for you If you are on the keto diet or just trying to cut back on carbs you will get a lot of value out of this cookbook Tasha Metcalf Founder of Ketogasm com With Dinner in Five succeeding in your low carb diet has never been easier Why 30 Dinners Dinner is the hardest to prepare and the meal most commonly eaten at home Most low carb dinner recipes will keep you in the kitchen not only preparing the meal but scrambling to find all the necessary ingredients too Simple and Delicious Dinner in Five is a month s worth of simple delicious low carb and high fat ketogenic dinner recipes that are each made with just 5 common ingredients and are up to 5 grams of net carbs There s simply nothing better than that Low Carb Made Easy Enjoy unconventional burgers heavenly steaks gourmet style seafood mouthwatering sauces sides and much more every day of the month Living a low carb lifestyle has never been more enjoyable and sustainable Being Low Carb is Easier Than Ever Up to 5 Net Carbs per ServingYou can count the carbs in each dinner on one hand Go ahead have seconds you ll still be within your daily carb limit 5 Ingredients per RecipeCutting down the amount of ingredients reduces cost time complexity and even the willpower needed to cook Less is more Nutritional InformationCalculating your daily calories and macros is crucial to hitting your goals sooner We calculated each recipe so you don t have to Personal SupportHave a general question about the low carb diet or something specific about one of the keto dinners Email Vicky and Rami directly any time

The Atkins Shopping Guide
Atkins Medical,2009-10-13 This easy to use pocket guide the ultimate shopping reference and an indispensable companion to the 1 New York Times bestseller Dr Atkins New Diet Revolution will show you which foods to buy and which to avoid as you follow the Atkins Nutritional Approach a celebrity favorite diet perfect for losing weight before your wedding or to bounce back into shape post baby or if you just want to look and feel your best What should I eat and where can I find it Which products are the most Atkins friendly Are there hidden dangers in seemingly acceptable foods Now Food Shopping the Atkins Way is Easier Than Ever Whether you re one of the millions already losing weight and feeling great thanks to the remarkable Atkins Nutritional Approach or you are just discovering the healthy benefits of a low carb lifestyle shopping for food need no longer be a daunting process The Atkins Shopping Guide contains everything you must know to stock your pantry with the right foods while avoiding products devoid of nutrients and full of sugar and white flour With foods clearly arranged by

category this essential handbook takes you aisle by aisle through the supermarket putting helpful information at your fingertips It also provides useful pointers for shopping at superstores and natural foods retailers all in a handy format portable enough to carry in your pocket or purse So throw away that misguided food pyramid chart and stop counting fat grams and calories With The Atkins Shopping Guide confusion about the right way to eat will be a thing of the past as you follow the proven Atkins path to healthy living

Steakhouse Strategies Barrett Williams, ChatGPT, 2025-04-22 Discover the ultimate gastronomic journey with Steakhouse Strategies an insightful guide designed for both seasoned culinary enthusiasts and steak newcomers alike If you're passionate about steakhouse dining or curious about incorporating a low carb lifestyle without sacrificing flavor this eBook is your must have kitchen companion Begin your exploration by understanding the vibrant world of low carb steakhouse dining debunking pervasive myths and uncovering why steakhouses are a perfect harmony of indulgence and health Navigate the intricate realm of steak cuts and learn how to choose the perfect ribeye tenderloin or the exquisite Wagyu for every occasion Master grilling like a pro with chapters that demystify the art of searing smoking and achieving that perfect medium rare Transform your kitchen into a steakhouse with secrets to savory sides from creative greens to decadent low carb creamy delights Elevate your flavors with a deep dive into sauces and seasonings exploring the sophistication of compound butters and reduction sauces To complete the dining experience indulge in expertly crafted wine pairings and discover refreshing low carb cocktails and non alcoholic delights Dining out Steakhouse Strategies equips you with the tools to navigate menus wisely make budget friendly choices and explore global steakhouse traditions from Brazilian churrascarias to Japanese teppanyaki houses At home learn how to recreate the ambiance of a high end steakhouse from setting the perfect table to curating the ideal playlist for your steak night The book also offers guidance on maintaining nutritional balance while enjoying the richness of steakhouse fare Be inspired by real life journeys of those who have embraced a low carb lifestyle and discover emerging trends that point to a flavorful gourmet future Whether you're a home cook or a dedicated food lover Steakhouse Strategies will transform your dining experience and broaden your culinary horizons

Living the Low Carb Life Jonny Bowden, 2004 This comprehensive guide cuts through the confusion showing dieters how to choose and customize an effective low carb plan for their own metabolisms and lifestyles

Keto Romantic Date Night Cookbook For Two Rosemary Charlotte Appleton, 2024-11-11 Ketogenic weight loss diet cookbook for two people All the delicious keto friendly recipes for daily and special meals also low carb cocktails and drinks are worked out for two people If you have that special date or reunion planned and you are both keto friendly and low carb eaters or diabetics this little color illustrated recipe book will fit the bill Instead of buying ready made and expensive keto dishes and drinks why not try making them yourself It's likely many of your favourite naughty treats will be revealed in guilt and low carb versions in this little book Enjoy the full color illustrations too A perfect gift for any keto enthusiast with a special date coming up as well Low carb gourmet recipes and low carb cocktails ketogenic diet main course recipes and keto friendly

cakes and desserts are all part of the fun **Fast Track Low-Carb** Barrett Williams, ChatGPT, 2025-07-27

Introducing Fast Track Low Carb your ultimate guide to effortlessly integrating a low carb lifestyle into your busiest days Whether you re a seasoned low carb enthusiast seeking a streamlined approach or a newbie curious about the benefits this comprehensive eBook is designed to make your journey quicker easier and more enjoyable Start by discovering the core benefits of low carb living and unravel common misconceptions all tailored to help you make informed decisions without needing hours of research Learn to cleverly stock your pantry with essentials uncovering indispensable low carb substitutes that transform your shopping list into a powerhouse of quick meal options In Fast Track Low Carb planning meals becomes a breeze even for the most time strapped individuals Master the art of weekly meal planning in mere minutes achieve perfect macronutrient balance on the go and draw from practical meal templates tailored to fit your lifestyle Mornings and mealtimes are no longer a source of stress With quick breakfast solutions and packable lunch options you ll discover no fuss recipes that bring simplicity to your mornings and midday refueling For dinner dive into effortless one pan recipes slow cooker delights and enticing dishes that promise to sizzle your taste buds without demanding hours of your evening Satisfy cravings with an array of energizing snacks and guilt free desserts crafted for on the go indulgence and late night treats And when life takes you out of the kitchen navigate restaurants and social events with ease all while maintaining your low carb goals From actionable meal prep techniques to family friendly recipes Fast Track Low Carb equips you with innovative strategies and long term tips to maintain momentum Embrace the low carb lifestyle with confidence and transform daily challenges into opportunities for success and flavor Your time saving low carb adventure begins here

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