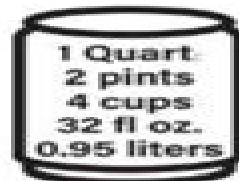


8-1/4 inches or 210 mm



KITCHEN MEASUREMENT CONVERSION CHART



PINCH OR DASH LESS THAN 1/8 TEASPOON

QUICK CONVERSIONS (FOR 1 CUP)

Bananas (mashed)	8 oz	227g
Brown sugar (packed)	7 1/2 oz	210g
Carrots (grated)	3 1/2 oz	99g
Cheese (grated)	4 oz	112g
Cream cheese	8 oz	227g
Flour	4 1/4 oz	120g
Milk	8 oz	227g
Olives/Capers	5 1/4 oz	149g
Sour cream	8 oz	227g
Sugar (granulated)	7 oz	196g
Sugar (powdered/icing)	4 1/2 oz	125g
Sugar (superfine/caster)	8 oz	225g
Yogurt	8 oz	227g

BUTTER WEIGHT CONVERSIONS:

1 stick	83.4g	4 oz
1/2 stick	50.7g	2 oz
1 cup	225g	8 oz
1/2 cup	112.4g	4 oz
1 tablespoon	14.2g	1/2 oz
1 teaspoon	4.7g	0.02 oz
1 pound	453g	16 oz

WEIGHT CONVERSIONS:

OUNCES	POUNDS	GRAMS
1/8 oz	—	5 g
1/2 oz	—	15 g
1 oz	—	28 g
2 oz	1/8 lb	57 g
4 oz	1/4 lb	115 g
8 oz	1/2 lb	227 g
16 oz	1 lb	455 g

VOLUME ABBREVIATIONS:

tsp - teaspoon/teaspoons
tbs/Tbsp - tablespoon/tablespoons
c - cup/cups
qt - quart/quarts
ml - milliliter/milliliters
l - liter/liters (litre (UK))
pt - pint/pints
gal - gallon/gallons

TEMPERATURES:

F - degrees Fahrenheit
C - degrees centigrade/Celsius
Freezing point 32 F = 0 Celsius
Boiling point 212 F = 100 Celsius

OVEN TEMPERATURES

GAS	F	C	
1/2	250°F	120°C	1/2 Slow
1	275°F	135°C	
2	300°F	150°C	Slow
3	325°F	165°C	
4	350°F	175°C	Moderate
5	375°F	190°C	
6	400°F	205°C	Mod Hot
7	425°F	220°C	Hot
8	450°F	230°C	
9	475°F	245°C	1/2 Hot

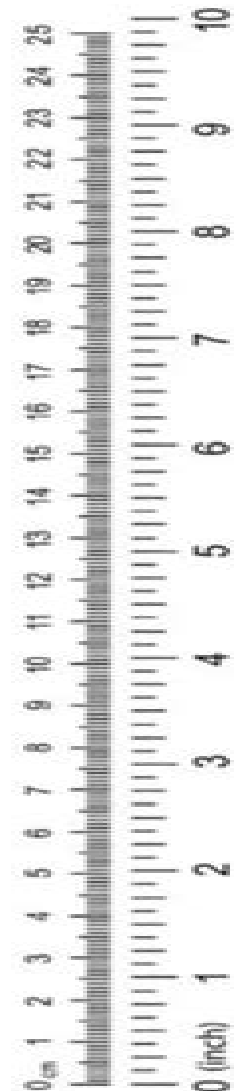
LIQUID VOLUMES

FLUID OZ	TEASPOONS	TABLESPOONS	CUPS	PINTS	QUARTS	LITERS
1/8 fl oz	1 tsp	1/3 Tbsp	—	—	—	5 ml
1/2 fl oz	3 tsp	1 Tbsp	1/16 cup	—	—	15 ml
1 fl oz	6 tsp	2 Tbsp	1/8 cup	—	—	30 ml
2 fl oz	12 tsp	4 Tbsp	1/4 cup	—	—	60 ml
2 1/2 fl oz	1 tsp + 5 tsp	—	1/3 cup	—	—	80 ml
4 fl oz	24 tsp	8 Tbsp	1/2 cup	1/4 pint	—	120 ml
8 fl oz	48 tsp	16 Tbsp	1 cup	1/2 pint	1/4 quart	240 ml
16 fl oz	—	—	2 cup	1 pint	1/2 quart	480 ml
32 fl oz	—	—	4 cup	2 pints	1 quart	950 ml

PLEASE NOTE: SOME COOKING AND BAKING RECIPIES MAY

Facts: The USA cup measures 240ml in volume. UK cup measures 250ml in volume. When cooking this slight variance will not make a noticeable difference. However baking is an exact science and exact measurements are vital and this is why majority of baking recipes will use metric weights so there is no variance in cup sizes.

COOKING GODS



Metric Cooking For Beginners

Jan McCracken



Metric Cooking For Beginners:

Metric Cooking for Beginners Ginevera Barta,1978 Explains how to use metric measurement methods in the kitchen and includes recipes to demonstrate these techniques

Cast Iron Cooking For Dummies Tracy L. Barr,2011-04-04 In some cooking circles cast iron gets a bad rep people think it s old fashioned heavy and hard to take care of And really how often do folks nowadays need to hitch up a mule and wagon and leave civilization and Teflon coated saut pans behind True cast iron is old it s been around since the Middle Ages And it is heavy No one can dispute that even a small cast iron pot has a heft to it that no other cookware has Nevertheless cast iron cookware has a place in today s kitchens and that doesn t mean simply hanging on the wall for decoration Cast iron has much to offer modern day cooks it s easy to use easy to care for economical versatile and durable and let s face it it has a nostalgic appeal that no other cookware has But more compelling than all those reasons is that it s a great cookware that makes great food In fact most cast iron cooks will tell you that food cooked in cast iron tastes better than food cooked in anything else *Cast Iron Cooking For Dummies* is for those cooks who may want to inject a little adventure and variety into their cooking If you ve never even thought of using cast iron cookware or you have a few cast iron pots lying around you ll discover all you need to know about making great food using cast iron Here just a sampling of what you ll find in *Cast Iron Cooking For Dummies* Selecting the right cast iron cookware for you Seasoning a new cast iron pan Caring for your cast iron cookware Discovering techniques to enhance your cast iron cooking Enjoying cast iron cooking in the Great Outdoors Tons of delicious recipes from main and side dishes to desserts and international dishes Top Ten lists on ways to make your cast iron cookware last longer the best dishes suited for cast iron and tips for achieving success in cast iron cooking So whether you re a cooking novice or an experienced chef you can find plenty of enjoyment from cooking with cast iron and *Cast Iron Cooking For Dummies* can show you the way

Cast-Iron Cooking For Dummies Antwon Brinson,2023-11-20 Become a cast iron chef thanks to this friendly Dummies guide *Cast Iron Cooking For Dummies* will teach you everything you need to know to start using the classic cookware that chefs have loved for thousands of years You ll learn how to pick the right cast iron tools for your needs maintain your cookware and cook foods to perfection This book is also packed with healthy diverse and delicious recipes for meat fish stir fry and beyond Cast iron cookware is versatile hardy economical and great at retaining heat Well seasoned cast iron can reduce the need for cooking oil and even makes food taste better This easy to use guide comes complete with color photos and a guide to the best brands Select the right cast iron cookware for your daily needs Learn to properly season and maintain your cast iron Master cooking techniques using versatile professional cookware Find great recipes that will taste even better when you cook them with cast iron This book is an excellent choice for home cooks beginners semi pro cooks professional cooks campers and outdoor cooks basically anyone looking to cook with cast iron

Indian Cooking For Dummies Monisha Bharadwaj,2021-08-31 Taste the real thing and discover the delights of home cooked Indian food Indian food delicious diverse and not as difficult to cook as

you might think In Indian Cooking For Dummies you ll learn the fundamentals plus over 100 make at home recipes for your Indian favorites Even newbie cooks will have no trouble making these easy and delectable dishes right at home With this book you ve got a suite of recipes to suit every dietary need vegetarians rejoice spice tolerance and skill level When you crave a Bengaluru breakfast Lucknow lunch or Delhi dinner Indian Cooking For Dummies is for you Inside you ll learn the steps and secrets used in all the regions of India so you can create a perfect balanced Indian meal in your kitchen With pro suggestions and tips about key ingredients and dish pairings you ll be eating healthy hearty flavorful food in no time Imagine your own stay at home buffet of rice Indian breads curried meats creamy lentils aromatic vegetables raitas chutneys relishes and more Hungry yet Cook authentic Indian appetizers snacks main courses desserts drinks and popular vegetarian dishes Discover regional Indian cuisine and the ingredients techniques and spices unique to each Eat healthily and cook from scratch without spending too much time in the kitchen Enjoy expert advice on how to make a meal for one or feed a large family Indian style For flavor aroma variety and sheer pleasure Indian food is tops and you can make it yourself with this friendly Dummies guide

Persian Cooking For Dummies Najmieh Batmanglij,2022-07-25 Taste Real Home cooked Persian Food for Breakfast Lunch and Dinner The most celebrated Persian chef in America Najmieh Batmanglij brings you her favorite traditional healthy Persian dishes simplified for modern American kitchens Persian Cooking For Dummies written for cooks of all skill levels will transform the way you cook Offering more than 100 recipes some of which can be made in less than an hour this book will guide you through the art and craft of one of the world s oldest yet least known culinary traditions in the West These flavors and aromas are rarely replicated in restaurants so prepare to be wowed by your own creations as you follow these easy guidelines in the warmth and comfort of your own kitchen The distinctive herbs the heavenly aromas of saffron and rose water and the sweet and sour flavors will impress your guests and delight your family Prepare kababs braises golden crusted tah dig rice dishes and delicious desserts Learn the tricks and techniques that have been perfected over thousands of years Enjoy the unique aromas and flavors of the food of Iran right in your own home Learn the history of Persian cooking and access a glossary of Persian culinary terms Many recipes are one page simple to follow and take less than an hour to make Adapted for today s lifestyle Persian Cooking For Dummies is perfect for experienced and novice cooks alike Take a journey through this exotic cuisine and get cooking with Dummies

Cooking Basics For Dummies Marie Rama,Bryan Miller,2020-02-11 Get started cooking now with Cooking Basics For Dummies 5th Edition Are you looking to dig yourself out of microwave dinners and learn the ropes of home cooking Cooking Basics For Dummies 5th Edition takes the intimidation out of cooking and helps you start cultivating your culinary prowess in no time From learning fundamental cooking techniques like dicing chopping and saut ing to creating delicious easy to follow recipes you ll discover how to cook up crowd pleasing meals the whole family will enjoy all without breaking a sweat Even if you ve never cracked an egg this friendly practical guide gives you all the ingredients to become a superior home cook In plain English it explains step by step

how to master popular cooking techniques such as dicing vegetables hard boiling an egg making quick and delicious sauces planning menus stocking your pantry and so much more Packed with more than 150 easy to follow recipes for every meal of the day from mouth watering mains to sumptuous sides to delectable desserts Helps you master grilling slow cooking baking roasting pressure cooking and more Includes tips on adapting meals to meet the latest dietary trends such as low sugar low sodium low fat plant based and vegetarian diets Covers shopping at farmer s markets and buying organic foods Cooking Basics For Dummies 5th edition is for every beginner cook or polished chef looking for a refresher on breathing new life into home cooked meals P S If you think this book seems familiar you re probably right The Dummies team updated the cover and design to give the book a fresh feel but the content is the same as the previous release of Cooking Basics For Dummies 9781118922316 The book you see here shouldn t be considered a new or updated product But if you re in the mood to learn something new check out some of our other books We re always writing about new topics **Cooking Basics For**

Dummies Bryan Miller,Marie Rama,Eve Adamson,2010-12-14 Basic tools techniques and recipes for creating easy delicious meals It doesn t take culinary mastery and great recipes to be a great cook Cooking Basics For Dummies 4th Edition appeals to beginners who want to learn the basics of cooking and implement understandable and practical recipes in their everyday cooking experience Cooking Basics For Dummies digs you out of microwave dinners and tipping delivery persons and propels you with all the ingredients you need toward becoming a superior home cook This hands on guide shows you the fun and easy way to prepare meals all your guests and family members will love from die hard vegetarians to the most passionate meat eaters Fun tasty and easy recipes the whole family will enjoy for every occasion Covers grilling slow cooking pressure cooking roasting and saut ing Considerations for vegetarians special diets and sustainable dishes with flavor and pizzazz With the help of Cooking Basics For Dummies you ll be able to handle boiling poaching steaming braising grilling and so much more like a master Cooking For One For Dummies Jennifer Fisher,2023-03-08 Serve yourself something amazing you re worth it Cooking For One For Dummies is full of recipes to inspire you to create delicious meals without packing your

fridge full of forgotten leftovers Learn to make mug cakes in the microwave teriyaki salmon and everything in between with easy to follow instructions We also cover cooking basics so you can build your skills and wow the person whose opinion matters most you Stock up on kitchen tools you need to home chef successfully figure out healthy grocery shopping for one and follow dozens of fantastic recipes It s fun it s delicious it s healthy and it s efficient Let s start cooking for one Cook over 100 delicious recipes designed for single servings Level up your cooking technique with step by step explanations Spice up leftovers for round two and plan your meals ahead of time Build good kitchen habits and use the right tools for the job Singles who want to learn how to cook appropriate servings of delicious food will love this recipe book and solo cooking guide **Gluten-Free Cooking For Dummies** Danna Korn,2012-10-10 Prepare gluten free dishes that are delicious and nutritious Want to create tasty gluten free meals and snacks Gluten Free Cooking For Dummies is loaded with more than 150

wheat and gluten free recipes These sweet spicy and aromatic dishes prove that living the gluten free lifestyle can be not only fun and easy but delicious and nutritious too This practical guide shows you how to find and select the right ingredients and prepare classic healthy dishes for breakfast lunch dinner and dessert You ll find out what you can and can t use in gluten free cooking learn to spot the hidden gluten in foods discover surprising ways to save money when you go shopping and even manage your weight You ll also learn how to convert your current favorite recipes to gluten free delights using ingredients you probably already have in your kitchen Covers the medical practical and emotional aspects of living gluten free Includes more than 150 tasty recipes including gluten free ethnic dishes and a section of quick and easy starter recipes which is new to this edition Shows you how to boost nutrition and flavor in your dishes Gives you the know how to make any meal gluten free Complete with delightful lists of gluten free comfort foods and kid s favorites as well as tips for converting a kitchen to a gluten free workspace *Gluten Free Cooking For Dummies* is the best way yet to stay happy healthy well fed and wheatless

Christmas Cooking For Dummies Dede Wilson, 2011-05-18 Look no further for tips and recipes for whipping up a dazzling array of delicious holiday meals without stress Christmas is the biggest holiday of the year and Americans traditionally love to celebrate the season with food food and more food This easy guide shows cooks of every generation how to plan and prepare scrumptious seasonal treats It includes 100 delicious recipes for hassle free holiday meals including Warm White Bean Dip Four Cheese Spinach Lasagne and Chocolate Truffle Tart Tips checklists and charts plus step by step guides and shopping lists for special holiday meals including a Christmas Tree Trimming Party A special section on Christmas decorating and food gifts from the kitchen 16 pages of color photos featuring holiday meal recipes and kitchen made gifts and decorations

Zero Waste Cooking For Dummies Rosanne Rust, 2022-01-19 Your recipe for saving the planet and some money too If you re like many of us you waste your fair share of food And you may think that food waste is an inevitable part of modern life But in *Zero Waste Cooking For Dummies* you ll learn a little about sustainability in agriculture and where your food comes from and how to organize your kitchen for less waste With food waste in mind you ll also learn how to meal plan and shop within your budget And ultimately you ll learn how to use every last bit of what s in your fridge freezer and cupboard to make delicious meals save money and do your part for the environment In this book celebrated dietitian and internationally recognized author Rosanne Rust walks you through every step of transforming how you plan your meals shop for groceries store your food cook your food and deal with leftovers Whether you re more experienced or the type of cook who can burn water you ll find tips and strategies that help you buy use and waste less food *Zero Waste Cooking For Dummies* offers Dozens of recipes for delicious entrees appetizers breakfasts soups salads and more Meal planning ideas that make grocery shopping a breeze save you real money and help you make the most of what you have in your kitchen Tips and tricks for how to use leftovers how to craft new dishes with leftover ingredients so you don t need to throw anything away and more This book is a must read for any homemaker home cook or anyone looking for ways to save a little money reduce

their carbon footprint and make some awesome nutritious meals Pregnancy Cooking and Nutrition For Dummies Tara Gidus, 2011-10-11 100 recipes to keep moms to be on the road to tasty proper prenatal nutrition Pregnancy Cooking what meals help to overcome morning sickness what are nutritionally sound snacks to satisfy cravings what foods should be avoided to control heartburn and gas and how to maintain nutritional balance with recommended amounts of the best vitamin mineral and organic supplements From seafood to eggs to unpasteurized cheeses the list of foods pregnant women should avoid is not only long but confusing Pregnancy Cooking Nutrition For Dummies gives you the lowdown on what to eat what not to eat and why Additionally it discusses how those with special diets e g vegetarians those with food allergies etc can still follow good nutritional guidelines and address their unique nutritional needs as well as those of their unborn child 100 recipes to get you started on the road to tasty proper prenatal nutrition Helps you better understand and address the nutritional needs of yourself and your unborn child Shows you how to create a stable and nutritious diet Pregnancy Cooking Nutrition For Dummies provides pregnant mothers with the resources and advice they need to create a stable and nutritious diet that addresses both their needs and those of their unborn child **Cooking with Spices For Dummies** Jenna Holst, 2011-05-18 Spice up your cooking skills If your idea of kicking up a dish is using salt and pepper there s a rich and fabulously varied world of spices waiting to be discovered Mace coriander mustard seed fennel saffron and paprika don t have to be those scary untouchables on the supermarket shelf Cooking with spices can actually be fun interesting enjoyable and most of all delicious Using spices will vastly improve your cooking and make you feel finally in command of your kitchen Cooking with Spices For Dummies is for anyone who s ever wondered how the great chefs whip up their fabulous tasting dishes but wasn t sure how And if you re something of a veteran in the kitchen you ll get new crowd pleasing tips on how to add sparkle and zip to tried and true dishes like hamburgers and spareribs or sweet potatoes and green beans Most likely you ll find the answer to any question you ve ever had about spices plus a lot more in this handy one volume guide like What makes up a basic spice collection Advice on essential tools including mills graters and mortar and pestle Preparing spices for cooking including knowing which spices to toast saut or grate A tour of the world of spices by region and country Menu planning and menu samplers arranged by country Once you ve become familiar with the basics it s on to the fun stuff cooking with spices After you ve followed the simple tips on making the most of your ingredients you ll be able to comfortably test your skills on the delicious assortment of over 200 recipes which feature Basic rubs and spice mixes including Cajun Caribbean Indian Curry powder Jamaican and Southern Barbecue Marinades and sauces including South of the Border Marinade and Teriyaki sauce Salsas and salads including Tomato Salsa Plum Salsa and Spiced Fruit Salad Vegetables and legumes including Mashed Spiced Butternut and Vegetarian Bean Chili Pasta potatoes and grains including Pasta Puttanesca Roasted Potatoes with Garlic and Cumin and Curried Barley Pilaf Chicken meat and seafood including Down Home Barbecued Chicken Indonesian Beef Sate and Shrimp Curry Complete with such indispensables as a spice quantity guide

showing exactly how much you should use a glossary of cooking terms eight pages of tempting full color photos and humorous cartoons Cooking with Spices For Dummies gives you just what you need to know to cook with confidence and create delicious exciting dishes for your family and friends *Cooking with Chia For Dummies* Barrie Rogers,Debbie Dooly,2014-05-27 Power up your day with a daily dose of chia Omega 3 fatty acids and fiber are the superstars of cardiovascular health and chia seeds contain them both in spades They re also great sources of iron calcium magnesium and zinc and have been linked to better cholesterol triglycerides and blood pressure levels It s no wonder they ve been a staple in Central American diets since the Aztecs and are once again growing in popularity Chia is truly a superfood both nutritious and versatile Both the seeds and sprouts are edible but there s so much more to chia than that Cooking With Chia For Dummies explores the benefits and many uses of the chia seed and guides you through a multitude of ways to add chia to your diet Featuring over 125 recipes you ll learn how to choose among the different types of chia options how to use and how to use it and exactly how much you need to reap the health benefits Camouflage your chia or make it the star of the dish Incorporate chia into your favorite meal Adapt the recipes to be vegan vegetarian or gluten free Discover chia recipes that even kids will eat Learn why you shouldn t harvest the sprouts from your Chia pet and where to buy high quality seeds to eat Chia is already fueling endurance athletes and is beloved by dietitians You deserve to feel great and there s no reason your taste buds should suffer for it Chia is a delicious addition to any meal and there s no reason for you to miss out Cooking With Chia For Dummies is your comprehensive guide to adding chia to your diet and your companion on the journey to ultimate health **Professional Cooking** Wayne Gisslen,2018-04-19 The Ninth Edition of Professional Cooking reflects the changing nature of our understanding of cooking and related fields such as food safety nutrition and dietary practices as well as new thinking about how best to teach this material What has not changed is the core material that focuses on the essentials the comprehensive understanding of ingredients and basic cooking techniques that are the foundation of success in the kitchen and the development of manual skills to apply this knowledge [Learn all the basic Italian cooking techniques](#) ,2024-03-25 The book begins with an overview of the Italian meal and a full description of the primary ingredients used in Italian cooking More than two hundred classic recipes follow beginning with a mouthwatering array of antipasti and culminating in a spectacular variety of desserts Chapters on cheese making stocks and basic sauces rustic soups pasta risotto pizza and breads meats fish and shellfish and vegetables offer all manner of primo and secondo courses in between The final section of the book is a compendium of professional techniques with a detailed discussion of each technique and a description of how it is taught at The International Culinary Center These lessons are illustrated with hundreds of step by step photographs and also include information about restaurant organization and practices This section may be used in conjunction with the recipes in the book as an aid when cooking from other cookbooks or on its own as inspiration **Italian Recipes For Dummies** Amy Riolo,2022-03-14 Your roadmap to cooking like an Italian your very own home For those of us not lucky

enough to have our very own Italian grandmother or have attended culinary school in Italy Italian Recipes For Dummies is stepping in to fill the gap Award winning chef and author Amy Riolo delivers a step by step guide to creating authentic Italian dishes starting from the basics and progressing to more advanced techniques and recipes You ll discover how to shop for plan and cook authentic Italian meals properly You ll also find guidance on how to incorporate the cultural nutritional and historical influences that shape classic Italian cuisine This book includes Individual chapters on staples of the Italian pantry wine cheese and olive oil More than 150 authentic Italian recipes with step by step instructions Access to a Facebook Page hosted by the author that provides extended resources and up to date information on mastering Italian cooking The perfect book for amateur chefs Italy aficionados homemakers and anyone else looking for culinary inspiration Italian Recipes For Dummies is also an indispensable guide for people seeking healthier ways of shopping cooking and eating without giving up amazing flavors and rich foods

30-Minute Meals For Dummies Bev Bennett, 2011-04-20 Walking into a kitchen that s filled with cooking aromas is a delightful and comforting experience Yet between work chores family obligations and a badly needed opportunity to unwind you find it difficult to get dinner on the table within the time limits that life imposes on you But cooking a great tasting meal isn t nearly as time consuming as it s made out to be and you don t have to be a chef to pull it off If you forgot how enjoyable a home cooked meal can be 30 Minute Meals For Dummies is your best resource If you can identify with any of these descriptions this book is for you Between your frantic day and the demands of your personal life you re looking for ways to free up a few minutes Cooking is one of the activities that gets shortchanged Tired of spending your evenings in your car you long for some semblance of dining at home pleasure instead of inching around a parking lot waiting for your chance to order dinner from a metal box You re not looking to prepare a five course meal You want self contained meals that please satisfy and get the job done with minimal hassle 30 Minute Meals For Dummies shows you how to make one dish meals that include vegetables starches and the traditional meat You ll transform soup and salad side dishes into hearty main courses and turn your skillet into a one dish dinner utensil You often get everything a meal has to offer in one dish well besides adding a scoop of ice cream to the top of your jambalaya for dessert This book is structured around the equipment ingredients and recipe choices that fit your time frame Each page is packed with my kitchen tested suggestions for streamlining cooking Even if you re an experienced cook you can pick up useful hints You get great recipes for classic meals new dishes and so much more in these chapters You ll be pleased to know that you can fix nourishing and memorable dinners within your time frame So ladies and gentleman start your ovens

Professional Cooking, EMEA Edition Wayne Gisslen, 2019-01-07 The Ninth Edition of Professional Cooking reflects the changing nature of our understanding of cooking and related fields such as food safety nutrition and dietary practices as well as new thinking about how best to teach this material What has not changed is the core material that focuses on the essentials the comprehensive understanding of ingredients and basic cooking techniques that are the foundation of success in the kitchen and the development of manual

skills to apply this knowledge **Healthy Carb Cookbook For Dummies** Jan McCracken, 2011-05-12 According to USA Weekend over a quarter of the adults in the U S have tried a low carb diet Many people have enjoyed lasting success Others have felt mystified or deprived and given up Whether you re a first timer or a try try againer this book helps you get with the low carb program and stick with it Building on the success of Low Carb Dieting For Dummies it gives you loads of nutritional information plus more than 100 sumptuous low carb recipes like Crunchy Brunch Oatmeal Pecan Waffles Caribbean Chicken Chile Spiced Broccoli and Lemon Torte with Raspberries Low Carb Cookbook For Dummies includes A complete nutritional analysis for each recipe so you can t go wrong Lots of recipes for dishes with 5 carbs or less Recipes that de carb no nos like Southern fried chicken and Philly cheese steak sandwiches Recipes for soups seafood and meat dishes including pork chops lamb and steaks with a steak chart so you can chart a low carb course Recipes for great desserts including chocolate specialties and cheesecake Vegetarian recipes and crock pot specialties Terrific wrap recipes using lettuce tortillas or crepes Guidelines for eating low carb when you re dining out or brown bagging it Author Jan McCracken a health advocate and low carber for more than ten years has written two low carb cookbooks and is a contributor to numerous low carb publications Having fallen off the low carb wagon several times herself she alerts you to things that can sabotage your success and clues you in on carb counting and techniques that have worked for her You ll get started right with Mini courses on low carb math and on low carb nutrition and the glycemic index A shopping list for stocking a low carb kitchen The scoop on different kinds of carbs and artificial sweeteners Tips on using spices creatively for variety and flavor Advice on incorporating exercise including taking the first step and lots more steps with a pedometer Tips for reducing stress a common cause of bingeing With this information you won t be mystified With the fantastic recipes you won t feel deprived You will be inspired to stick to a low carb lifestyle one that can help you lose weight and feel healthier

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