

**The Complete Idiot's Guide To Low-Carb Meals By
Lucy Beale, Couvillon M.S., LDN, Sandy G.**

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She's the author of several books, including The Complete Idiot's Guide to Low Carb Meals, The Complete Idiot's Guide to Terrific Diabetic

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Summary. Contains more than 330 taste-tempting recipes for low-carb alternatives - from breakfast (egg dishes, of course) to late-night snacks. This cookbook

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