



1,001 Best Low-Carb Recipes: Delicious, Healthy, Easy-to-make Recipes for Cutting Carbs

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A redesigned and reformatted version of a title now returning to print, *1,001 Best Low-Carb Recipes* is an extensive collection of great dishes for the health-conscious home cook looking for more low-carb options. Enlarged and beautifully repackaged, this book features a broader, more useful format that sits flat when open for maximum convenience.

A 2014 randomized trial by the National Institutes of Health found that participants on a low-carb diet experienced greater weight loss than those on a low-fat diet. The prevalence of Celiac Disease and gluten-sensitivity has increased our interest in gluten-free recipes, while the popular paleo diet has led us to avoid dishes bloated with carbs.

Above all, the recipes in the cookbook prove that a low-carb diet does not have to be bland or boring. Recipes include Caribbean Potato Salad, Sesame Shrimp Stir-Fry, and some surprises like Black Bottom Pie and Soft Molasses Cookies.

The award-winning *1,001* cookbook series—which has sold 750,000 copies across all titles—has earned its popularity through carefully curated and tested recipes, as well as by featuring complete nutritional data. This book is the perfect compendium for those looking for a wide variety of gluten-free and paleo-friendly meals.

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