
Life Without Bread Low Carbohydrate Diet

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Best of the Best Presents the
Complete Low-carb Cookbook
Clarkson Potter

* After eating a full breakfast, are you hungrier before it's time for lunch, than you would be if you only had time for a cup of coffee? * Do you have a hard time stopping once you start to eat bread, pasta, or sweets? * Do you have a tendency to gain weight easily, or if you lose weight, to gain it back again? If you answered yes to one or more of these questions, you may not be experiencing a lack of willpower but rather a physical addiction to carbohydrates--a compelling or recurring craving for starches, snack foods, or sweets. Now, Drs. Richard and Rachael Heller of the Mount Sinai School of Medicine in New York have discovered a revolutionary new diet that

eliminates the cravings and helps you to overcome the yo-yo syndrome--permanently--without deprivation. based on the Hellers' nine years of research, thousands of case studies, and their own personal victories over cravings and weight (maintaining a 200 pound loss between them!), this healthful, unique diet features a pleasurable way that adapts to your lifestyle and does away with measuring, food exchanges and calorie counting. A daily Reward Meal, along with wholesome, balanced Complementary Meals, fit easily into busy schedules, restaurant meals, holiday celebrations, and vacations. Filled with sound advice and effective strategies--including wonderful recipes and menu plans--this groundbreaking book helps eliminate carbohydrate cravings and puts you in control of your eating and your weight--for life.

Eat Rich, Live Long Penguin
The revolutionary cookbook that whisks the carbs out of comfort food classics—from the New York Times bestselling authors of Protein Power. When you think

about low-carb diets, do you picture complicated meal plans and bland foods that leave you with cravings? Do the words comfort food make you long for scrumptious delights like pancakes, ice cream, chocolate chip cookies, or fettucine alfredo—foods you thought you could never have on a low-carb diet? If your answers to the above were yes and yes, you're in for a huge surprise! You can have these foods and many more, thanks to The Low-Carb Comfort Food Cookbook.

Drs. Michael and Mary Dan Eades and chef Ursula Solom give you unique, easy cooking tips and more than 300 yummy low-carb recipes for foods that help you keep your weight down and fulfill your cravings. In no time at all, you'll be on an easy-to-follow low-carb plan that will allow you to stay thin and healthy—and feel great! The Low-Carb Comfort Food Cookbook includes: Southern fried chicken with pan gravy * Elegant biscuits * Melt-in-your-mouth pancakes * Deluxe low-carb macaroni and cheese * Beef and mushroom crepes * Spicy corn chips * Soft crust pizza * Low-carb beef stroganoff * Raisin rolls * Breaded sole * Fettucine alfredo * Low-carb lasagna * Super banana bread * Low-carb tacos * Bean and cheese burritos * Best garlic bread * Eggplant parmigiana * Rich low-carb pound cake * Scrumptious low-carb cheesecake * Apple brown betty * Cheddar cheese waffles * Chocolate ice cream * Key lime pie * Sublime truffles

The Low-Carb Fraud Little, Brown

Are you on keto diet and finding it difficult to give up carb? I have a good news for you. This book is a collection of low carb, high fat recipes that serves as substitute for the traditional high carbohydrates bread recipes. With this keto bread cookbook, you can eat lots of bread, cookies, buns and muffins without

consuming so much carbohydrate. For most people following keto diet, a major challenge they face is the restriction of eating sweet treats. Since keto is a low carb high fat diet. One thing I want you to note is being on keto diet does not mean deprivation of eating good food, you can be on keto and still enjoy all those bread and other treats you love. The recipes in this book are Ideal food for high fat, low-calorie Ketogenic, and Paleo diets, also a good substitute for sugary treats. You will be able to eat healthy and delicious bread and other lovely treats and still maintain that perfect body and weight you desire without starving or depriving yourself of good foods. You can finally end your, food obsession and carb craving. It's a wonderful feeling knowing you can still eat sweet treats and stay healthy.

Low Carb On The Go Victory Belt Publishing Presents a weight-loss and maintenance program that incorporates the use of complex carbohydrates to raise serotonin levels and prevent cravings, and includes recipes for nutritious main dishes, soups, salads, and dressings.

1,001 Low-Carb Recipes Atria Books

At long last, Sarah Britton, called the “queen bee of the health blogs” by Bon Appétit, reveals 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog. Every month, half a million readers—vegetarians, vegans, paleo followers, and gluten-free gourmets alike—flock to Sarah’s adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. My New Roots is the ultimate guide to revitalizing one’s health and palate, one delicious recipe at a time: no fad diets or gimmicks here. Whether readers are newcomers to natural foods or are already devotees, they will discover how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate.

Keto Bread Trafford Publishing

SWEET, SAVORY, DELICIOUS. Think you have to give up baking on a low carb or keto diet? Think again! Grab an apron and your favorite mixing bowl and get ready to dive in as Carolyn Ketchum brings her passion for low-carb baking to life in *The Ultimate Guide to Keto Baking*. The

creator of the popular blog All Day I Dream About Food and the author of several beloved cookbooks, Carolyn is famous for her delectable recipes for low-carb baked goods. With this comprehensive cookbook dedicated to ketogenic baking, you too can create mouthwatering baked goods that will satisfy every craving while maintaining your healthy lifestyle. Your family and friends may not even realize that these recipes are keto! Carolyn Ketchum's mission is to prove to the world that special diets need not be boring or restrictive. When gestational diabetes forced her to begin watching her carb intake, she channeled her passion for baking and cooking into creating low-carb versions of her favorite treats. It's astonishing what you can do with a bag of almond flour, a stick of butter, and a willingness to experiment. The Ultimate Guide to Keto Baking is an astoundingly comprehensive resource for baking without sugar, wheat flour, or other high-carb ingredients. Carolyn has spent years honing her low-carb baking techniques, and in this book she shares all her secrets. In addition to an extensive review of low-carb baking ingredients and tools, she includes more than 150 thoroughly tested recipes for sweet and savory baked goods, from everyday cookies to special occasion cakes and pies to breads, crackers, and even pizza. Sample Recipes Include:

- Chocolate Mayonnaise Layer Cake
- Marble Cheesecake
- Dairy-Free Chocolate Chip Skillet Cookie
- Key Lime Pie Bars
- Maple-Glazed Donuts
- Cheddar Garlic Drop Biscuits
- Chewy Keto Bagels
- Tomato Ricotta Tart
- Summer Berry Cobbler

No matter what you want to bake, The Ultimate Guide to Keto Baking has you covered with a wide variety of sweet and savory treats. With this comprehensive cookbook, you can create mouthwatering low-carb goodies that will satisfy every craving while nourishing your body, mind, and soul.

The Low-Carb Comfort Food Cookbook Beyond Obesity LLC

Originally published in 1997, DR. BERNSTEIN'S DIABETES SOLUTION is a unique resource that covers both adult- and childhood-onset diabetes, explains step-by-step how to normalize blood sugar levels and prevent or reverse complications, and offers detailed guidelines for establishing a treatment plan. Readers will find fifty gourmet recipes, in addition to a comprehensive discussion

of diet, obesity, and new drugs to curb carbohydrate craving and overeating. Now in its fourth edition, the book presents up-to-the-minute information on insulin resistance, blood-testing devices, measuring blood sugar, new types of insulin, gastroparesis and other issues, as well as updated diet guidelines. DR. BERNSTEIN'S DIABETES SOLUTION is the one book every diabetic must own.

My Life Without Bread Penguin

From the creators of the original ketogenic, low-carb diet, comes the most accessible and flexible approach to the Atkins diet ever: a simplified lower carb and sugar approach based on solid science. Featuring a foreword by Atkins spokesperson and actor Rob Lowe. The latest science continues to support the many health benefits of a low-carb approach to eating, far beyond just weight loss. Simply reducing your carb and sugar intake by two-thirds over the "Standard American Diet" helps avoid the development of obesity, metabolic syndrome, and type 2 diabetes. While many diet trends can be vague in their approach, The Atkins 100 Eating Solution's fan-favorite program provides a clear-cut way to control your carb intake with 100 grams of net carbs a day and shows you how to make delicious and satisfying food choices that lessen their impact on your blood sugar. This personalized approach is a way of eating you can follow for life. With cutting-edge research and delicious recipes—all of which feature fifteen to twenty net carbs—The Atkins 100 Eating Solution provides an exciting and delicious variety of food. You'll also discover how the plan can be easily modified to fit in with most ways of eating, including vegetarian, Paleo, Mediterranean and more. For the first time ever, you'll even learn how to modify each recipe for the Atkins 40 and Atkins 20 program. This guide is easy to use

regardless of food preferences, lifestyle, or cooking abilities. This book is not about following fads or suffering for results; it is a sustainable, delicious program for everyday wellness.

The Low-Carb Cookbook Ten Speed Press

Many people try to lose weight and become healthier with the Low Carbohydrate Diet. Are You with Us? This 21-day revival Low-Carb High-Fat (LCHF) meal plan is a simple and healthy diet to accelerate weight loss. Inside the keto-friendly LCHF book, you will find: 3-week low carb meal plan for 4 Optimized first week diet for low carb beginners Shopping list for every week 5 tasty recipes and nutrition facts for every day. Breakfast, lunch, and dinner with low carbohydrate snacks and desserts Total 100+ delicious & easy LCHF recipes All recipes with photos and nutrition facts. Your body will start burning fat instead of carbs for energy. High-Fat Low-Carb recipes in this cookbook can transform your body. Try eating fewer carbs, and your body will switch to burning fat from the first week. Weight loss will be more comfortable with low carbohydrate recipes because your body will burn fat for fuel while feeling less hungry. Try these delicious low carbohydrate recipes: Cheddar Taco Crisps Greek Salad Avocado Chicken Roll Venison Spring LCHF Stew Nuts Sweets and Peanut-Cream

The Ultimate Guide to Keto Baking Fair Winds Press

The first gluten-free baking book from legendary bread maker and James Beard Award-winning author Peter Reinhart, with 80 world-class recipes suitable for wheat sensitive, diabetic, and low-carb/low-sugar dieters. The first gluten-free baking book from legendary bread maker and James Beard Award-winning author Peter Reinhart, with 80 world-class recipes suitable for wheat sensitive, diabetic, and low-carb/low-sugar dieters. Amazing, easy-to-make recipes that revolutionize baking for wheat sensitive, diabetic, and low-carb/low-sugar cooks. After more than two decades of research into gluten-free baking, bestselling author and legendary bread maker Peter Reinhart and his baking partner Denene Wallace deliver more than eighty world-class recipes for delicious breads, pastries, cookies, cakes, and more in The Joy of Gluten-Free, Sugar-

Free Baking. Carefully crafted for anyone who is gluten sensitive, diabetic, or needs to reduce carbs to prevent illness or lose weight, these forgiving recipes taste just as good as the original wheat versions—and are easier to bake than traditional breads. By using readily available or home-ground nut and seed flours and alternative and natural sweeteners as the foundation for their groundbreaking style of baking, Reinhart and Wallace avoid the carb-heavy starch products commonly found in gluten-free baking.

Additionally, each recipe can easily be made vegan by following the dairy and egg substitution guidelines. Bakers of all skill levels will have no trouble creating incredibly flavorful baked goods, such as:

- Toasting Bread, Banana Bread, Nutty Zucchini Bread, and many styles of pizza and focaccia
- Cheddar Cheese and Pecan Crackers, Herb Crackers, Garlic Breadsticks, and pretzels
- Blueberry-Hazelnut Muffins, Lemon and Poppy Seed Scones, and pancakes and waffles
- Coconut-Pecan Cookies, Lemon Drop Cookies, Biscotti, and Peanut Butter Cup Cookies
- Brownies and Blondies, Cinnamon-Raisin Coffee Cake, Pound Cake with Crumb Topping, and Carrot Cake with Cream Cheese Frosting
- Apple Crumble Pie, Pumpkin Pie, Berry Pie, and Vanilla, Chocolate, or Banana Cream Pie

With Reinhart and Wallace's careful attention to ingredients and balancing of flavors, these delicious gluten-free baked goods with a glycemic load of nearly zero will satisfy anyone's craving for warm bread or decadent cake.

Keto Bread: Low Carb Recipes for Ketogenic, Gluten Free and Paleo Diets: Best Keto Loaves, Muffins, Cookies and Buns for Weight Loss Simon and Schuster

A definitive resource for low carbohydrate living. Trading up from sugars and starches to a cornucopia of nutrient-rich, satisfying, and healthy foods.

The Art and Science of Low Carbohydrate Living BookRix

"Contented patients - patients whose symptoms abate and the many who go on to achieve lasting health - are reward enough for a physician," so said a remarkable yet modest Austrian doctor who courageously championed an unorthodox treatment over half a lifetime. Who was this doctor

with such grit and determination? What inspired him to develop a successful healing program with little recourse to drugs or surgery? And what was this intriguing treatment, so simple and effective, so eminently suited to the workings of our body and that stood the test of time? From being a medical scientist and inventor, the late Dr Wolfgang Lutz became a consultant in internal medicine in Ried and then in Salzburg. Turning his inventive brain to everyday medicine and concerned about the mushrooming of modern diseases that he witnessed even by the middle of the 20th century, Wolfgang Lutz explored the idea of a 'carbohydrate effect', namely the detrimental effect of an overload of sugars and starches on our health. From the late 1950s, Dr Lutz pioneered the use of low carbohydrate nutrition in the treatment of a wide range of ailments - conditions such as Crohn's disease, multiple sclerosis, diabetes, obesity, glandular disorders, gastrointestinal problems, osteoarthritis, cardiac insufficiency, high and low levels of iron and calcium in the blood, and more - with astonishing results. The diet adopted by Dr Lutz was not as drastic as some of the recent 'Paleo diets' either in the amount of carbohydrate allowed or as to the choice of food. It was simple, moderate and, except for carbohydrates, non-restrictive. Dr Lutz felt that there should be as few 'don'ts' as possible but was very strict about anything he knew would make a fundamental difference to a patient's condition. As sudden change could be stressful, he recommended that the diet was not to be rushed into but started slowly; once satisfactorily established, it was suitable for the long term. My Life without Bread offers a treasure trove of observation, information and advice borne of long clinical experience. At 90, Wolfgang Lutz looks back over his life as a clinical physician: we follow him step by step as he describes what inspired him in the first place and as he details the lessons he learned during his many years of restricting the sugar and starch intake of his patients. We learn of the benefits but also of the occasional drawbacks of this way of eating which he encountered during this time. There is a chapter on prudent implementation and in the final chapter we hear how he might answer questions often put to him by his many patients. A fascinating and important book, which challenges many current practices and debunks a few myths,

My Life without Bread is an easy to read page-turner, written for the layman. An essential guide for those wishing to understand more about this controversial topic!

Low Carb High Fat No Hunger Diet Harry N. Abrams

You can take control of your health, lose weight, prevent disease, and enjoy a long and healthy life. The unique nutritional program outlined in Eat Rich, Live Long is designed by experts to help you feel great while you eat delicious and satisfying foods. Millions of people have gotten healthy through low-carb plans over the years—and a growing number have discovered the wonderful benefits of ketogenic (keto) nutrition. Many are confused, though, about how low-carb they should go. Now, Eat Rich, Live Long reveals how mastering the low-carb/keto spectrum can maximize your weight loss and optimize your health for the long term. In this book, Ivor Cummins, a world-class engineer and technical master for a huge global tech corporation, and Dr. Jeff Gerber, a family doctor who is widely regarded as a global leader in low-carb nutrition, team up to present their unique perspectives from their extensive clinical, medical, and scientific/research experience. Together, Cummins and Gerber crack the code that shows you how to eat the foods you enjoy, lose weight, and regain robust health. They reveal how the nutritional “experts” have gotten it so wrong for so long by demonizing healthy natural fats in our diets and focusing on cholesterol and LDL as the villains. In fact, as the authors reveal by drawing on the latest peer-reviewed global research, eating a high percentage of natural fats, a moderate amount of protein, and a low percentage of carbs can help you lose weight, prevent disease, satisfy your appetite, turn off your food cravings, and live longer. The heart of Eat Rich, Live Long is the book's prescriptive program, which includes a seven-day eating plan, a fourteen-day eating plan, and more than fifty gourmet-quality low-carb, high-fat recipes—illustrated with gorgeous full-color photographs—for breakfasts, lunches, appetizers, snacks, dinners, drinks, and desserts. Low-carb never tasted so good! Nutritional sacred cows are constantly being challenged in the media. How much fat should we eat—and which kinds of fats

are best? Which fats can contribute to diabetes, heart disease, and early mortality? Does a high-protein diet increase muscle mass and lead to vigorous health—or can it promote aging, cancer, and early mortality? Which vitamins and minerals should we be taking, if any? How do we change our metabolism so that our bodies burn fat instead of all the sugars we consume? Does intermittent fasting really work? Eat Rich, Live Long lays out the truth based on the latest scientific research, and it will change the way you look at eating. Meanwhile you will lose weight—and look and feel great.

The 21-Day High Fat Low Carb Diet Plan Penguin Are you on keto diet and finding it difficult be give on carb? I have a good news for you. This book is a collection of low carb, high fat recipes that serves as substitute for the traditional high carbohydrates bread recipes. With this keto bread cookbook, you can eat lots of bread, cookies, buns and muffins without consuming so much carbohydrate. For most people following keto diet, a major challenge they face is the restriction of eating sweet treats. Since keto is a low carb high fat diet. One thing I want you to note is being on keto diet does not mean deprivation of eating good food, you can be on keto and still enjoy all those bread and other treats you love. The recipes in this book are Ideal food for high fat, low-calorie Ketogenic, and Paleo diets, also a good substitute for sugary treats. You will be able to eat healthy and delicious bread and other lovely treats and still maintain that perfect body and weight you desire without starving or depriving yourself of good foods. You can finally end your, food obsession and carb craving. It's a wonderful feeling knowing you can still eat sweet treats and stay healthy.

The Fatburn Fix Fair Winds Press

For today's Americans, it is an obsession. What should I eat? What should I avoid? Which foods should I combine? How do I get "in the zone" or "eat for my type?" We must now choose between "healthy" fats and "unhealthy" fats; "good" carbs and "bad" carbs; and "high glycemic" and "low glycemic." While the formulas for healthful eating increase, so do our waistlines. The perfect example is the low-carbohydrate

diet. Since the mid-1990s low-carb diets have made a phenomenal resurgence, led by Dr. Robert Atkins' program, which has been on The New York Times bestseller list continuously for the past five years. But his plan is by no means the only one. Others also are jockeying to take the low-carb crown, including the South Beach Diet, the latest in the low-carb offerings that has pushed its way up the bestseller lists. With this resurgence, many Americans are now avoiding carbs. For the time being, carbs appear to be the "enemy" in many people's minds and stomachs. We emphasize "for the time being" because when it comes to diets, nothing lasts forever. Americans went through a similar obsession with carbohydrate avoidance a few decades ago, when many low-carb diet books topped the bestseller lists in the 1960s and 1970s—including the original version of Atkins' low-carb diet. Despite their popularity, low-carb diets had virtually no measurable effect on our waistlines—the weight of the average U.S. adult at the end of '70s was essentially the same as it was at the start of the previous decade. It seems that a diet limited to primarily protein and fat was not the answer after all. And when it comes to dieting, it seems Americans cannot resist a fad. But no matter what the latest fad diet claims, the bottom line is calories—regardless of type—do count. Unfortunately, Americans seem to have found out the hard way. It's the Calories, Not the Carbs was written in part to clarify this point and set the record straight. It also was written to show you that eating well—and living well—is about giving yourself the best possible intake of nutrients to allow your body to be as healthy as possible and to work as well as it can. It is getting the nutrients your body needs for

optimal mental performance and emotional balance. It is not a set of rules. Your body's needs and health goals are completely unique and depend on a whole host of factors—from the strengths and weaknesses you were born with, to the effects your current environment has on you. No single way of eating is perfect for everyone, although there are general guidelines that apply to us all. Whether your personal health goal is to lose weight, maintain your current weight, become more active, have more energy, or just improve your overall health and fitness—this guide will show you how to use the Food Guide Pyramid, listen to your body, and become more active to make lasting, healthful lifestyle changes for health and wellness ...and to say goodbye to fad diets of all types for good.

Living Low Carb BenBella Books, Inc.

Have your cake—and stay keto too! With *Everyday Keto Baking*, there's no need to deprive yourself of the breads, muffins, and other treats you love. Instead, learn to make keto-friendly (low-carb, high-fat) versions of your favorite baked goods using real-food ingredients. This is the only keto baking book you'll ever need. Inside you'll find more than 80 recipes specifically geared to the keto diet. Most recipes rely on coconut flour and almond flour, two of the most popular alternative flours on the market. Coconut flour is an all-natural flour made only from coconut; contains no gluten and no grain; and is low in digestible carbs and high in fiber, making it a favorite among keto, gluten-free, grain-free, nut-free, and low-glycemic lifestyles. Its pure, slightly sweet taste is subtle enough that even coconut haters won't be able to detect it, and it lends itself perfectly to baked goods, creating results far superior to many other “healthy” treats. Alongside other healthy ingredients like eggs and low-carbsweeteners, the recipes in this book have been carefully created to not only

taste delicious, but also help you meet your macros (your target ratio of protein, fat, and carbs on keto). Enjoy all the special treats you once thought were off-limits, such as: Fluffy Pancakes Cheesy Bagels Garlic Cauliflower Breadsticks Chocolate Zucchini Bread Cinnamon Streusel Cake Strawberry Rhubarb Cobbler Chocolate Chip Cookies Red Velvet Cupcakes Cheesecake Brownies Spinach Feta Quiche *Everyday Keto Baking* gives you limitless options for enjoying baked goods without guilt. The only thing you need to worry about now is keeping them away from everyone else! [Publisher's Note: *Everyday Keto Baking* is a revised and adapted version of the original book *The Healthy Coconut Flour Cookbook*.]

It's the Calories, Not the Carbs Flatiron Books Based on more than 40 years of clinical research, this illuminating book unravels the mysteries of nutrition and shows how a low-carbohydrate/high protein diet can help prevent cancer, diabetes, heart disease, and obesity, as well as increase strength, endurance, and muscle mass.

Mastering Diabetes Victory Belt Publishing *How I Gave Up My Low Fat Diet and Lost Forty Pounds!* is a breezy, chatty, non-technical, fun-to-read explanation of low carbohydrate dieting -- why it works, the surprising health benefits, and most importantly, how to “do” the diet. Or, rather, diets, since the book details three very different main approaches to controlling carbohydrates (including the Basic Low Carb Diet, similar to Atkins or Protein Power, and the Mini-Binge Diet, popularized as *The Carbohydrate Addict's Diet*), plus several variations, finally summing up the basic principles which tie them all together. The point is to give the reader the tools necessary to construct a new way of eating that will fit his or her body, psyche, and lifestyle, thus allowing them to stay slim, energetic, and healthy for life.

How I Gave Up My Low-Fat Diet and Lost 40 Pounds...and How You Can Too BenBella Books Would you like to lose weight quickly through the ketogenic diet without giving up bread and still enjoying your favorite foods?Then keep reading! Bread, pizza, pasta are often the cause of the loss of any kind of diet. It is impossible to do without satisfying those irresistible cravings for

carbohydrates and their sense of satiety. Anyone can confirm that the most difficult part of a diet is giving them up, so who does not know you love them? But if you really think you have to eliminate them completely during your ketogenic diet, change your mind! Simple and quick recipes for making ketogenic bread and other delicious baked foods but always maintaining the same tastes. After you have tested these recipes, can finally enjoy all your delicious meals without sacrifices or guilt. In our book we will guide you in creating tasty low-carbohydrate recipes such as: Different types of bread Buns Stuffed Pizza Toast Pasta Muffin Cookies If you have never cooked anything in your life it is not a problem, as you will find recipes explained in detail, easy to prepare, suitable for beginners and for any occasion with nutritional values and percentage of macronutrients. "Buy the Paperback Version of this Book and get the Kindle Book version for FREE." Scroll up and click "BUY NOW with 1-click" to download your copy now!

The Carbohydrate Addict's Diet Xlibris

Corporation

Whether you're searching for a practical weight loss program, simply want to eat better, or are already a committed low-carber looking for ways to make the lifestyle work for you, Living Low Carb reveals hundreds of secrets to finding and sticking with a healthy controlled-carb program. This revised edition sums up the valuable information we've learned about low-carb living in recent years and offers the best information on the diet and fitness programs on the market. Cut through the confusion about low-carb diets and how they work Compare thirty-eight low-carb diet and fitness programs and choose the one that's right for you Learn how to take the best of more than one low-carb diet and customize a plan that works for you Get insider tips and tricks for maintaining a low-carb lifestyle Find out how to overcome common obstacles to low-carb dieting Discover helpful resources, from Web Sites to blogs, from cookbooks to recommended reading Thirty-eight well-known diet plans and fitness programs are analyzed and compared, including: The Atkins Diet Biggest Loser The

Carbohydrate Addict's Diet The 7-Day Low-Carb Rescue and Recovery Plan Curves Eat Drink and Weigh Less The GO-Diet The Hamptons Diet The Lindora Program: Lean for Life Protein Power The Rosedale Diet The Six Week Cure for the Middle-Aged Middle Somersizing The South Beach Diet Sugar Busters! The TNT Diet The Zone Making the Cut Deadline Fitness And many more Book jacket.