



# 1,001 Low-Carb Recipes: Hundreds of Delicious Recipes from Dinner to Dessert That Let You Live Your Low-Carb Lifestyle and Never Look Back

By Dana Carpender

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This tasty collection draws on the best 1,001 recipes from Dana Carpender's bestselling books including *500 Low-Carb Recipes*, *15-Minute Low-Carb Recipes*, *500 More Low-Carb Recipes*, *200 Low-Carb Slow Cooker Recipes*, *The Low-Carb Barbeque Book*, and *Low-Carb Smoothies*. You'll find delicious and varied options including recipes for "high-carb" foods you thought you had to give up forever such as Cinnamon Raisin Bread and Mocha Chocolate Cheesecake. Staying the low-carb course will be easy with choices from barbecue to slow-cooker to internationally-inspired dishes.

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### **Editorial Review**

#### **About the Author**

Best-selling author Dana Carpender was startled to discover that limiting her carbohydrate intake not only helped her control her weight, but produced the health and vitality a low fat diet had promised but never delivered. Fifteen years later, she laughs at people who say "You can't eat that way long-term." Her eight cookbooks are the result of her realization that the key to permanent dietary change is the answer to the age-old question, "What's for supper?" To date they have sold over a million copies worldwide. Dana blogs about low carb nutrition at [www.HoldtheToast.com](http://www.HoldtheToast.com); her weekly blog digest goes out to over 20,000 readers. She is also Managing Editor of CarbSmart magazine at [www.CarbSmart.com](http://www.CarbSmart.com), as well as a featured staff writer. Dana lives in Bloomington, Indiana with her husband and a menagerie of pets, all of whom are well and healthily fed.

### **Users Review**

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