



# Lauri's Low-Carb Cookbook: Rapid Weight Loss with Satisfying Meals! (2nd Edition)

*Lauri Ann Randolph*

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**Lauri's Low-Carb Cookbook: Rapid Weight Loss with Satisfying Meals! (2nd Edition)** Lauri Ann Randolph

Over 230 delicious recipes and each are less than 10 grams carbohydrates per serving! Lauri's Low-Carb Cookbook contains a large variety of cooking styles with both easy recipes and those that cater to a gourmet.

This wonderful collection of recipes will be your constant companion in the kitchen to support your low-carb diet. These recipes were designed specifically for the Dr. Atkins' diet, yet they are great for any type of low-carb diet including, Protein Power, Sugar Busters, the Carbohydrate Addict's Diet, etc.

The first edition of Lauri's Low-Carb Cookbook was a limited edition to test the market demand for such a cookbook. Due to its overwhelming success and some great suggestions from readers, Lauri has completely revised the cookbook, including a new easy-to-read recipe format, correcting typographical errors, many new recipes, additional nutritional information, a new paperback binding which lays , and so on.

More than 50 new recipes have been added including a section of Vegetarian Main Dishes. The "Helpful Hints" section has also been expanded, responding to frequently asked questions to the author from dieters new to the low-carb program. A section on Menu Planning & Shopping List has also been added.

Each recipe now includes a per serving analysis of calories, fat and protein, in addition to the grams of carbohydrates. Although this supplementary nutritional information is not necessary for those on the Dr. Atkins' Diet, it could be useful for those on the many other variations of a low-carb diet. The calculations for the nutritional analysis are based on United States Department of Agriculture (USDA) publications with some additional information obtained from food manufacturers.

Benefits of a Low-Carb Diet & Life-Style:

1. Rapid Weight Loss
2. More Energy
3. No Hunger
4. Satisfying Meals
5. Lower Cholesterol
6. Healthier Heart

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