



## George Stella's Still Livin' Low Carb: A Lifetime of Low Carb Recipes

By George Stella, Christian Stella

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George Stella's four previous low carb cookbooks are well known for not only inspiring millions to lose weight with his family's amazing weight loss story, but also for how they did it: by cooking and eating great recipes made from easy to find fresh foods that anyone can get in their local supermarket. His down to earth voice and love of comfort foods have put his books at the very top of every health-conscious person's cookbook collection.

For his fifth book, George has decided to go back to the basics back to what made him the leading name in low carb cooking. George Stella's Still Livin' Low Carb is the long awaited follow-up to Livin' Low Carb, considered by many to be the best low carb cookbook ever written. With Still Livin' Low Carb, George set out to write a cookbook that not only met the standards set by the original but to greatly exceeded them.

Still Livin' Low Carb highlights George's great passion for fresh foods with 80 brand new recipes that have been years in the making. Beyond that, the book also features 50 of his all-time best recipes, chronicling over a decade of innovative ideas for reinventing family favorites using only fresh foods that are naturally low in carbs. All classic recipes have been entirely revised and perfected after years of the Stella family preparing them after their original inception. Several recipes from George's Food Network show *Low Carb and Lovin' It* also appear here in print for the very first time. Beyond that, eight of George's signature recipes, featuring some of his most unique techniques, are laid out with full step-by-step photographs so you can easily follow along. Still Livin' Low Carb is not just a cookbook but also an entire low carb cooking class taught by the most recognized name in the field.

Lay-flat laminate high-gloss soft cover

130 recipes with 65 full-page color photos

8 signature recipes with George's techniques demonstrated in step-by-step photographs

No flour or added sugar used in the book. Nearly all recipes gluten-free

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**Bibliography**

- Sales Rank: #215840 in Books
- Published on: 2012-02-14
- Original language: English
- Number of items: 1
- Dimensions: .60" h x 8.50" w x 10.80" l, 1.80 pounds
- Binding: Paperback
- 224 pages

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