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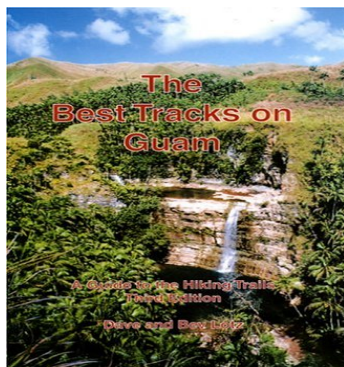
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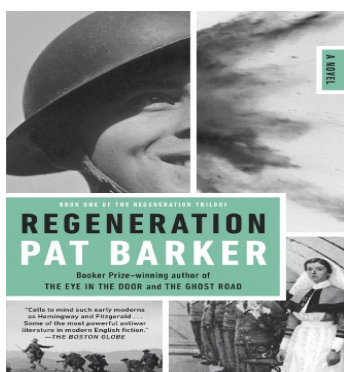
End food boredom and diet burnout with more than 400 sophisticated, low-carbohydrate dinners that are bursting with flavor--and on the table in under 30 minutes! Hundreds of thousands have embraced the low-carbohydrate lifestyle finding that a diet based on lean protein, fruits, and vegetables and less dependent on simple carbohydrates has helped them look and feel better. But a monotonous menu of steak and salad or expensive, additive-laden prepared foods has been the undoing of many a successful diet regimen. The solution? Linda West Eckhardt and Katherine West DeFoyd have devised more than 100 protein-rich, low-carbohydrate dinners that will satisfy even the most demanding

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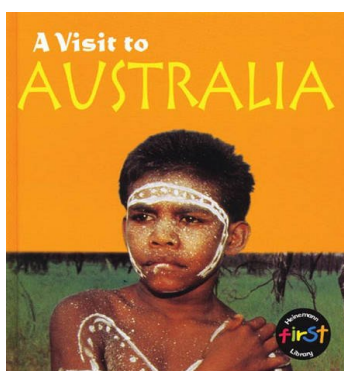
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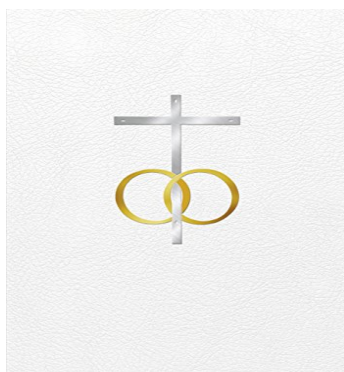
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This book first not contain what I was looking for, for colitis, need to return

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