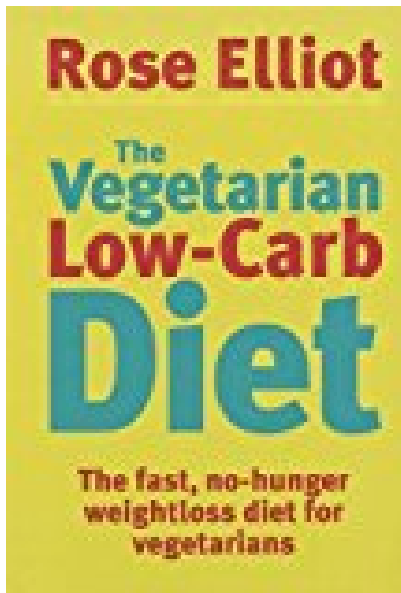


The Vegetarian Low Carb Diet



BOOK DETAILS

- Author : Rose Elliot
- Pages : 256 Pages
- Publisher : Piatkus
- Language : English
- ISBN : 074992649X

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BOOK SYNOPSIS

Fully updated for 2014, Low-carb Gluten-free Vegetarian offers a complete range of easy, satisfying and stylish low-carb recipes designed specifically for vegetarians, with the added benefit that they are all gluten-free as well. With all recipes approved by the well-known nutritionist Fiona Hunter, the book offers a varied and exciting menu, that doesn't limit choice in any way. A complete diet is included, from fortifying breakfasts and satisfying main courses, to light lunches and snacks. There are even chapters on party food and sweet desserts. Low-carb Gluten-free Vegetarian is the ideal companion for those who are trying to lose weight and also those who simply want to follow a long-term weight-maintenance lifestyle. Note: this is an updated version of Low-Carb Vegetarian, originally published in 2004.

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