

# [PDF] George Stella's Good Carb Family Cookbook

George Stella, Christian Stella, Elise Stella - pdf download free book

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#### Books Details:

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Author: George Stella, Christian Ste  
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#### Description:

**Review** I began using George's cookbooks several years ago and have lost over 75 lbs following his low/good carb approach to healthy eating. If you didn't know that the recipes were low (good) carb, you wouldn't know it by the taste! I even cooked a full Thanksgiving meal using George's recipes and no one in my family was aware they were eating low/good carb food. George's recipes are very easy

to follow and I have been able to buy everything he suggests in my local supermarket. --QVC  
Customer Reviews

I have been eating low carb for years. I did it to lose a few pounds before I got married a few years back and then again to lose weight after I had my daughter. I love the way that I feel when I'm not filling up on processed foods and refined carbs. George's books have helped me to treat this way of eating as a "lifestyle" vs. looking at it as a diet. His food is awesome. I have both of his cookbooks from previous years (and just bought this one to add to my collection) and have never been disappointed in any of the recipes that I've tried. The presentation on many of the recipes makes them good enough for company, but easy enough to make for the family on an ordinary weeknight. The recipes are creative, but yet they don't use crazy ingredients that can't be found at most large grocery stores. That's what I love. I don't have to shop at 4 different stores to get the ingredients to help me to live and love this healthy lifestyle. I recommend any of George's books for anyone looking for great healthy food. --QVC Customer Reviews

When I first started eating low carb I bought every book on the market. Unfortunately, most of them had the same boring recipes with very little imagination or seasoning. Then Stella's two books and losing weight became fun again. This new book by Stella is not available anywhere else and I am so happy QVC has it. His recipes are always easy to make and delicious. Whether you are going low carb or just trying to cut out processed foods and eat a more fresh and healthy diet, this book is for you and your family. --QVC Customer Reviews

**From the Author SPECIAL!**

support our website, [StellaStyle.com/](http://StellaStyle.com/) , Anyone who visits our website and donates \$10.00 (donation button via paypal at top of the page)will receive an email with a complete PDF version of our cookbook: "Real Food Real Easy", with full color photos!

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