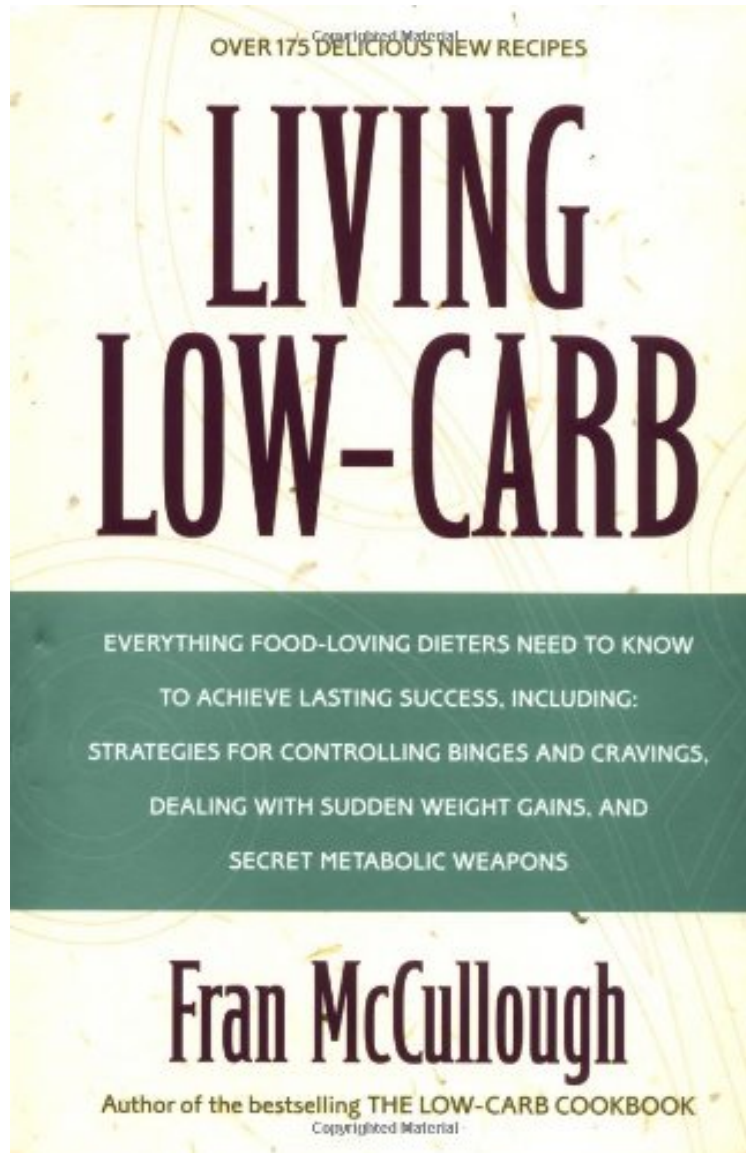


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Living Low-Carb: The Complete Guide to Long-Term Low-Carb Dieting

Fran McCullough

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#1423521 in Books 2000-06-01 Original language: English PDF # 1 9.50 x 1.25 x 6.251, #File Name: 0316557684384 pages Strategies for controlling binges Secret Metabolic Weapons For controlling cravings 175 New Recipes Dealing with sudden weight gain | File size: 42.Mb

Fran McCullough : Living Low-Carb: The Complete Guide to Long-Term Low-Carb Dieting before purchasing it in order to gage whether or not it would be worth my time, and all praised Living Low-Carb: The Complete Guide to Long-Term Low-Carb Dieting:

0 of 0 people found the following review helpful. Five StarsBy mamacastroso glad I got this. excellent condition. thanks0 of 0 people found the following review helpful. Low carb dietBy Eddie SittI lost some weight with this guide11 of 12 people found the following review helpful. Not enough basicsBy C. MedinaI read this book based on the great reviews and was dissapointed. My main concern was that although there was a lot of information in the book about supplements and other related diets, they basics of how to start and keep a low carb diet were broken down into one paragraph. There wasn't even a list of foods considered high carb vs. low carb, or guidelines on how long to eat a certain level of carbs before (maybe) increasing them. There are a lot of reviews of medical studies, but the basic how-to's seemed very limited. I'm looking at a few other books now to get more step by step instructions.

"From the author of the bestselling *The Low-Carb Cookbook* comes the ultimate lifestyle companion to the diet that has taken America by storm--everything millions of low-carbohydrate dieters need to know to succeed at the table, on the road, in the kitchen, and in the high-carb world we live in. In *Living Low-Carb*, Fran McCullough explains the various approaches to the low-carb diet and lifestyle, and helps you figure out which approach--or combination of approaches--is right for you. McCullough sorts through the various objections to the diet raised by the nutritional establishment and tells you what you really need to know; provides an arsenal of secret weapons; and gives special attention to everyday problems, such as how to handle impromptu dinner invitations. Whether you're backpacking, eating on a plane, or traveling abroad, McCullough shows you how to keep on track while you travel with a minimum of angst. A highly respected cookbook editor and author, McCullough sees her subject from a pleasure-eater's perspective. *Living Low-Carb* includes more than 175 real-food recipes that are simple, delicious, and designed to keep you eating happily -- and healthily -- low-carb for the rest of your life. McCullough has tracked down specialized kitchen tools that make low-carb meals especially easy and enjoyable, and provides sources for finding great low-carb products (including bread), a tour of the world of fake sugars, and a list of Web sites that offer more information and support. As everyone who stays low-carb for more than a few months eventually finds their own way of doing it, *Living Low-Carb* also features real-life stories from successful low-carb dieters from a wide range of backgrounds. These stories are inspiring and instructive, explaining what people really eat and how the regime works for them. Whether you're a low-carb beginner or a long-term dieter who has already solved your health and weight problem and now wants to stay the course, *Living Low-Carb* is an invaluable resource. From the author of the bestselling *The Low-Carb Cookbook* comes the essential companion to the low-carb lifestyle, the book that takes this winning concept to the next level. For beginners as well as seasoned low-carbers, here's everything you need to know for long-term success, including: Making the low-carb lifestyle diet work for you by developing your own personal eating style Strategies for dealing with real-life issues such as binges, dinner parties, and holidays The best foods to eat for people who have already lost excess pounds and want to maintain their weight Tips for dining out and eating on the road, no matter how you are traveling Secret weapons and tricks for troubleshooting, including how to handle cravings An up-to-the-minute guide to new products that are revolutionizing low-carb cooking, and how to find them When it is safest to eat higher-carbohydrate foods Sources for keeping up with the latest information and developments, and for finding the support you need And more than 175 deliciously simple new recipes"

.com As many enthusiasts have discovered, it's easy to lose weight on the low-carb diet. But keeping the weight off requires an ongoing commitment--not an easy feat when faced with dieting drudgery, dinners out, holiday gatherings, and demoralizing eating binges. While many low-carb diet books offer the initial thrill of weight loss, this book is a lifelong manual, offering tips and guidance to keep readers committed for the long haul. Author Fran McCullough starts with "secret weapons" (such as blocking sugars, cleansing the liver, and keeping a food diary), must-haves in any long-term dieter's arsenal. She also offers a valuable "Troubleshooting" section that covers commons challenges, such as dinner invitations ("Come on over for Dinner") and binge eating ("Blowing It"). She addresses the persistent snacking problem with a list of low-carb delights (including shrimp with guacamole or prosciutto and melon). She even lists alternative foods for the times when you crave disaster foods. (For example, a craving for pizza can be satisfied with grilled eggplant, mozzarella cheese, and oregano.) The second half of the book is devoted to McCullough's specialty--tasty and satisfying low-carb recipes, such as Buffalo Boys Chili and Berry and Mango Compote.From Publishers WeeklyCookbook editor and writer McCullough credits a low carbohydrate diet with saving her life. McCullough, who diagnosed her own blood clot, admits that she's not as thin as she likes and she's not a physician, but she fervently believes that there are many dieters, like herself, who simply cannot chemically process carbohydrates in a healthy way. Therefore, she argues, these people should limit their carbohydrate intake. McCullough presents her case in a logical and convincing way. She first gives an overview of the various popular low-carbohydrate diets and the medical principles behind them. Then she offers basic low-carb diet plans, along with personal anecdotes from people who have been following these plans. The final two-thirds of the book consists of recipes from main dishes to desserts. This is an excellent primer for anyone who has tried to make sense of the various low-carb diets. McCullough writes in a friendly and approachable style. Her tips on common dieting problems such as avoiding temptation, eating while traveling, finding acceptable bread substitutes, etc., are quite useful and the recipes

are tasty and not terribly complicated. This volume makes a fine companion to the author's previous title, the bestselling Low-Carb Cookbook. (June) Copyright 2000 Reed Business Information, Inc. About the Author "Fran McCullough is a James Beard Award--winning cookbook editor and author based in New York. Her books include the bestselling The Low-Carb Cookbook and the Best American Recipes series, coedited with Suzanne Hamlin."