



Biggest Book of Low Carb Recipes (Better Homes & Gardens)

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No recipe has more than 10 net carb grams; most have 6 or fewer.

Delectable recipes for entrées, side dishes, desserts, snacks, sauces, and holiday favorites perfect for popular low-carb diet plans.

Sample 2-week menu shows how recipes fit popular low-carb plans.

Each recipe lists ingredients, prep and cook times, and nutrition information, including net carbs and total carbs.

Special charts list carbohydrate amounts in common foods, plus up-to-date information on how to count carbs.

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