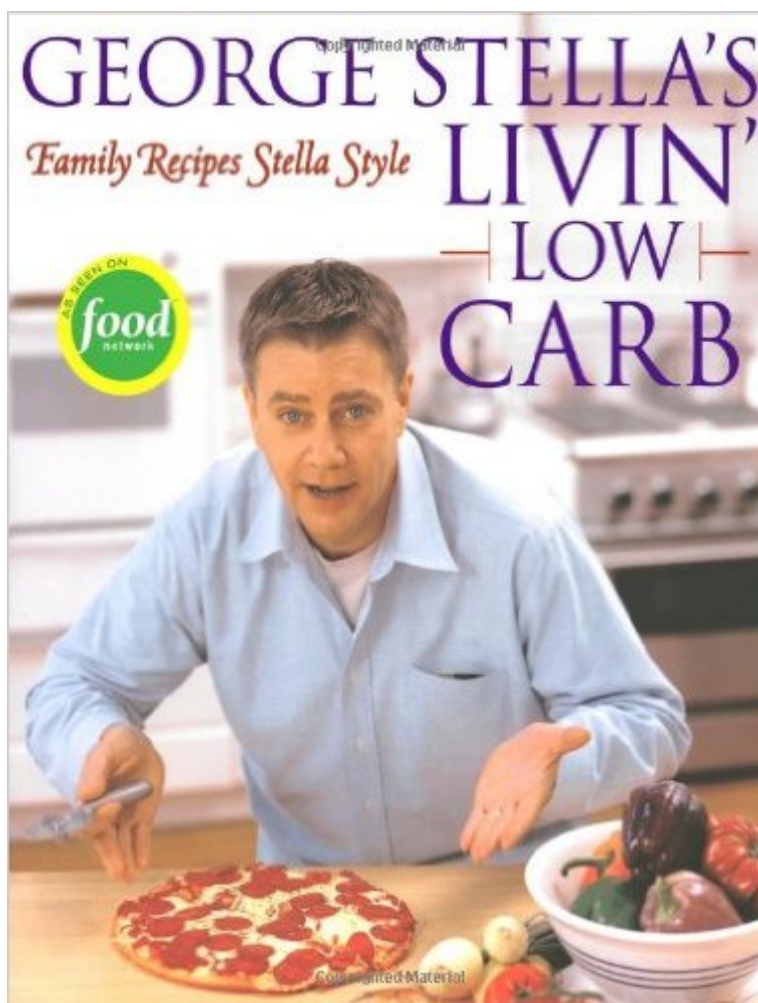


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# George Stella's Livin' Low Carb: Family Recipes Stella Style



## Synopsis

George lost weight with Stella Style: âœœeating fresh foods, using low-carb ingredients to reinvent your old favorites, developing better eating habits, and, most of allâœœeating food you love!âœœ • And he wasn't the only one: The entire Stella family shed more than 560 pounds. In *Living Low Carb*, George has brought together more than 125 of the Stella family's favorite recipes. For breakfast there are Blueberry Pancakes or George's Gorgeous Macadamia Banana Muffins. For lunch or dinner try Low-Carb Pizza, Tequila Chicken Quesadillas, Spaghetti Squash Alfredo, Lasagna, Anaheim Shrimp Scampi, and Southern Fried Chicken. And don't forget soups, salads, and vegetables! You'll find recipes here for Key West Caesar Salad, Turkey Vegetable Soup, and Garlic Mock Mashed Potatoes. If it's sweets you crave, try Chocolate Pecan Brownies or New York Ricotta Cheesecake. There are also party recipes (Nutty Muddy Trail Mix, Teriyaki Sesame Tuna Skewers), tasty drink concoctions (Strawberry Milkshakes, Lemon-Lime Slushees), and a wide array of condiments and dressings (including Quick and Easy Ketchup and Thousand Island Dressing). These recipes feature easy-to-find, low-carb ingredients that will fit any budget. More than just a cookbook, *Living Low Carb* is a practical guide to a sustainable low-carb lifestyle.

## Book Information

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## Customer Reviews

This is one of the best of the plethora of low carb cookbooks in the train that this glycemic index relevation has created. Why one of the best? How about a family of four losing a combined total of 560 pounds on it? How about a gourmet chef who gives us what worked with them to achieve this?

How about unique approach and recipes which apply this? I was attracted to this after watching George on his FoodNetwork program. He is very humble, yet reliable credentialed chef who has experimented with many twists and combos of good cooking yet with low carb. It avoids lots of the scientific stuff but emphasizes what must happen in pantry and cooking to achieve a healthier diet habit. Sugar and carbs are of course the focus. His approach is doable and the taste is exceptional. I especially like his approach with heavy cream, butter and low-carb foods. What I find especially attractive is his breakfast section, one of the toughest meals of the day for most of us to habitually maintain healthy and yet one of the most important. So there is such variety and ease of prep here, with great muffin and omelet and blinis and quiche. Great advice to make them up in advance, freeze and then micro each morning with coffee. Try: "Ham and Cheddar Morning Muffins" or "George's Gorgeous Macadamia Banana Muffins" or "On-Hand Omelet." The other menu sections are equally creative, filling and easy to prep: Grilled Country-Style Pork Ribs with Bourbon Barbecue Sauce; Ham and Mock Potato Soup; Chocolate Pecan Brownies with Cream Cheese Frosting; Jicama Matchstick Fries; Minute Steak Salad; Tequilla Chicken; There are some 125 recipes in this collection, with easy to follow instructions and advice as well as some color photos. I appreciate the choice of paperback and resultant price for this. Great addition to one's collection or as only low carb source. Highly recommended.

George really believes in what he's showing both in the book and on TV. I enjoy this book and I enjoy the shows. The recipes are solid and I haven't hit a turkey yet as I go through and try out various things. I do wish there was less reliance on soy in the baking section, but that's a fairly personal preference. I've heard some grouching about his enthusiastic use of and endorsement of Splenda. Frankly I have no problems with that. Change to a different sweetener if you don't like or want to use Splenda. Cooking is something of an art, and (at least in MY mind) recipes are meant as a "starting point", after which you can embellish, embroider and alter to your personal taste. This cookbook gives lots of good "starting points". This is a great beginners low carb cookbook or one for someone who can't afford many on their shelves. Solid recipes, good gamut of choices, written by someone who isn't just jumping on the bandwagon, but actually LIVES a low-carb lifestyle.

I know I feel better when I eat a low carb diet but getting my husband to join me has often been difficult. I tried Atkins but I don't want to go out and buy all his prepackaged foods. Plus, they weren't all that tasty. For the last two weeks, I have tried a variety of the recipes with great success. Our favorite is the Tequilla Chicken, though the Mock Mashed Potatoes are delicious too. Baking with soy

powder is fine, I can't tell a difference really. George has a sweeter tooth than us so we find we might reduce some of the sweetener in the recipes too. George uses more salt than we do so I just cut it out when I can. I am excited about cooking again, about eating well, I feel better than I have in months and best of all, my husband says everything I've made is fabulous and we share more dinners together. I recommend to anyone.

People say this is a great low carb cook book, no it is a great Cook book. I feed George Stella recipes to my friends who are not on a diet and they love it. This man is a great chef. We need more books from him.

I thought I was buying a cookbook, but I got so much MORE!!! The Stella family story was just what my family needed to get MOTIVATED to start eating healthier! My 15 year old Daughter read it when I left it on the table, and said she wanted to eat low carb with me! And then my hubby jumped on board after I made him George's Anaheim Shrimp Scampi, He said; "if that's low carb, count me in"! We now know we can do it, thanks to the Stella's amazing MOTIVATIONAL story and recipes! We also ALL now watch his show on Food Network, as George keeps us from ever being bored again! Thanks George and Family, you're just what we needed and could never find! (\*If your looking for recipes, great, but this book cannot be described, it is invaluable if you need to be motivated!) Your fans forever, Valerie and crew!

The thing that I most appreciate about George Stella's fabulous cookbook is the fact that his recipes are really delicious and easy to prepare. I have tried about 15 different recipes, and one was better than the other. Stella's ability to consistently produce flavorful, great tasting foods is a huge advantage over other low carb cookbooks that I have tried. Also, once you catch on to how he substitutes soy flour and soda water for white flour, you can easily adapt your favorite flour-based recipes on your own. The other feature I like is that Stella does not rely on packaged or processed foods such as Atkins mix, low carb food bars or non-fat pudding mixes to create his recipes. I personally prefer to feed myself without the chemicals that come in these products. And finally, it is hard to beat the low carb weight loss success that George Stella and his family have enjoyed. I give this book to everyone I know who's serious about losing weight without suffering through the process. If you fall into this category, do yourself a favor and buy this book!

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