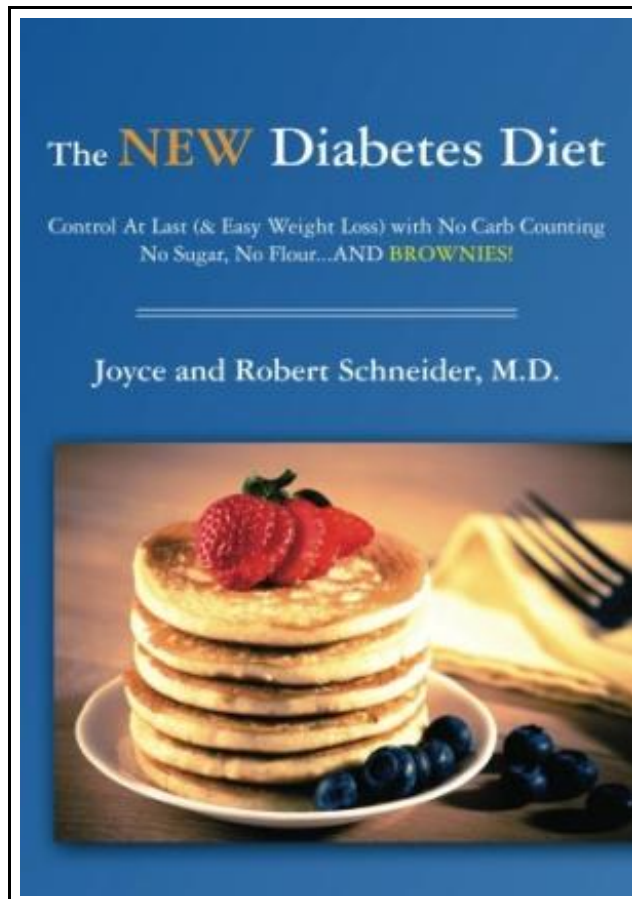


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Createspace, United States, 2011. Paperback. Book Condition: New. 251 x 175 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The authors, a Cook and a Cardiologist, have discovered a breakthrough new way to cut carbs, control diabetes, and to lose weight easily. For hours-longer sugar control, they have figured out how to substitute protein powder for flour, the main source of carbs in food. They ve also figured out how to substitute milled flaxseed, which has no absorbable carbs and is vastly healthier than whole grains, for butter and margarine in baking snacks and goodies. Recipes made in this exciting new way -- all luscious, very low carb with no saturated or trans fat -- all contain such high amounts of protein, fiber, vitamins, calcium, and antioxidants that they can be portable meal replacements. If you have diabetes or are just trying to lose weight, you can now enjoy brownies, muffins, blondies, pancakes, cookies, pies, cakes, tortillas, snack bars, bread, sandwich rolls, pizza, and more. Carbs, even good carbs, just make you hungry again. Protein s slo-mo energy release keeps you feeling full, stabilized, and in control for hours. Here are some sample recipes of these nutrient-crammed yummys: Pancakes: each 98 calories, 15 g protein, 3 g carbs and 2 g monounsaturated fat Brownies: each 74 calories, 12 g protein, less than 1 g carb, 2 g fiber, 1.5 g monounsaturated fat and 4,666 antioxidants Blondies: each 122 calories, 16 g protein, 2 g carbs, 2 g fiber, and 2,674 antioxidants Tortillas, each 61 calories, 11 g protein, 0 g carbs, 3 g monounsaturated fat, and 36,000 antioxidants Quesadillas, each 59 calories, 10 g protein, 2 g carbs, 1 g monounsaturated fat and 12,000 antioxidants Banana nut bread, each slice 110 calories, 11 g protein, 7 g...



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