



15 Minute Low-Carb Recipes: Instant Recipes for Dinners, Desserts, and More!

Dana Carpender

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Studies show that low-carbohydrate dieting works to take weight off and improve cholesterol. As more and more people switch to the Atkins diet or variations of it, they will need recipes! *15-Minute Low-Carb Recipes* offers over 200 recipes that can be made in 15 minutes or less.

Capitalizing on the runaway success of *500 Low-Carb Recipes*, this book offers all-new quick and easy recipes that will be a godsend to low-carbers everywhere.

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