



Low-carb & Gluten-free Vegetarian: Simple, Delicious Recipes for a Low-carb and Gluten-free Lifestyle

Celia Brooks

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Fully updated for 2014, *Low-carb & Gluten-free Vegetarian* offers a complete range of easy, satisfying and stylish low-carb recipes designed specifically for vegetarians, with the added benefit that they are all gluten-free as well. With all recipes approved by the well-known nutritionist Fiona Hunter, the book offers a varied and exciting menu, that doesn't limit choice in any way. A complete diet is included, from fortifying breakfasts and satisfying main courses, to light lunches and snacks. There are even chapters on party food and sweet desserts. *Low-carb & Gluten-free Vegetarian* is the ideal companion for those who are trying to lose weight and also those who simply want to follow a long-term weight-maintenance lifestyle. Note: this is an updated version of *Low-Carb Vegetarian*, originally published in 2004.

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Christian Rice:

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