



# **Low Carb-ing Among Friends Cookbooks: 100% Gluten-free, Low-carb, Atkins-friendly, Wheat- free, Sugar-Free, Recipes, Diet, Cookbook VOL-1**

*Jennifer Eloff BEST SELLING Author*

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"NATIONAL BEST-SELLER" Low-Carbing Among Friends V1, is the 1st book of the BEST-SELLING SERIES by the World's most famous Low-Carb recipe creators and the #1 LC (GF) team! (1) all recipes are stringently Low-Carb! 100% are Sugar, Wheat & Gluten Free. IMPORTANT: Authors tested all recipes with a variety of Low-Carb sweeteners, BOTH NATURAL & artificial! It's easy to use our cross-substitution info for YOUR FAVORITE SWEETENER (2) It's a collaboration between 11 talented innovative authors, 6 recipe creators, 4 respected Dr's + 2 well-known IC personalities. They're coaches and cheer leaders (3) Each book consist of 5-7 individual cookbooks of around 35-63 recipes each, showcasing the unique talents and recipes of each author bringing an exciting new style of cookbook to the low-carb world, PLUS we have a FRIEND's section of YOUR recipes! This team of 11 experts work together, complementing each other perfectly, contributing advice, recipes and decades of learning, making this book very special for Low-carbers! All recipes are less than 10gr carbs/serving, most are less than 5gr, from strict Induction to regular low-carbing. It's only partially a Paleo/Primal resource. Some 2/3rds of the recipes are for Meal-times, about 1/3rd are for Breads, Desserts, Baking etc. If you're gluten intolerant, have Celiac disease or prefer to avoid Wheat/Gluten products, you'll be thankful for this enormous resource, for awesome Low-Carb recipes, 100% Wheat & Gluten-free! These recipes are incredibly innovative, Wonderful breakthroughs! It's easy to create low-carb sugar-free recipes, most people have a pretty good handle on that -it's much tougher to also make those recipes wheat-free, gluten-free too, that's very challenging! We support you with websites, blogs, Facebook (many color photos) Podcasts & YouTube. **\*\*SPECIAL ORDER COIL BOUND\*\*** at AmongFriends.us or BUY regular version here at AMAZON with FREE S&H

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