



## Phase 2 Low-Carb Recipes

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# Phase 2 Low-Carb Recipes

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## **Phase 2 Low-Carb Recipes** Better Homes and Gardens Books

Easy-to-prepare recipes—each with 8 grams or fewer net carbs—that will provide the variety sought in low carb meals.

Introductory chapter features low-carb menus and lists of "free foods."

Suggested shopping list, daily food journal, and the carb values of common foods.

Deliciously satisfying recipes for main dishes, soups and salads, sides, and desserts.

Recipes include nutrition information plus preparation and cook times.

All recipes are tested and approved by the Better Homes and Gardens® Test Kitchen.

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