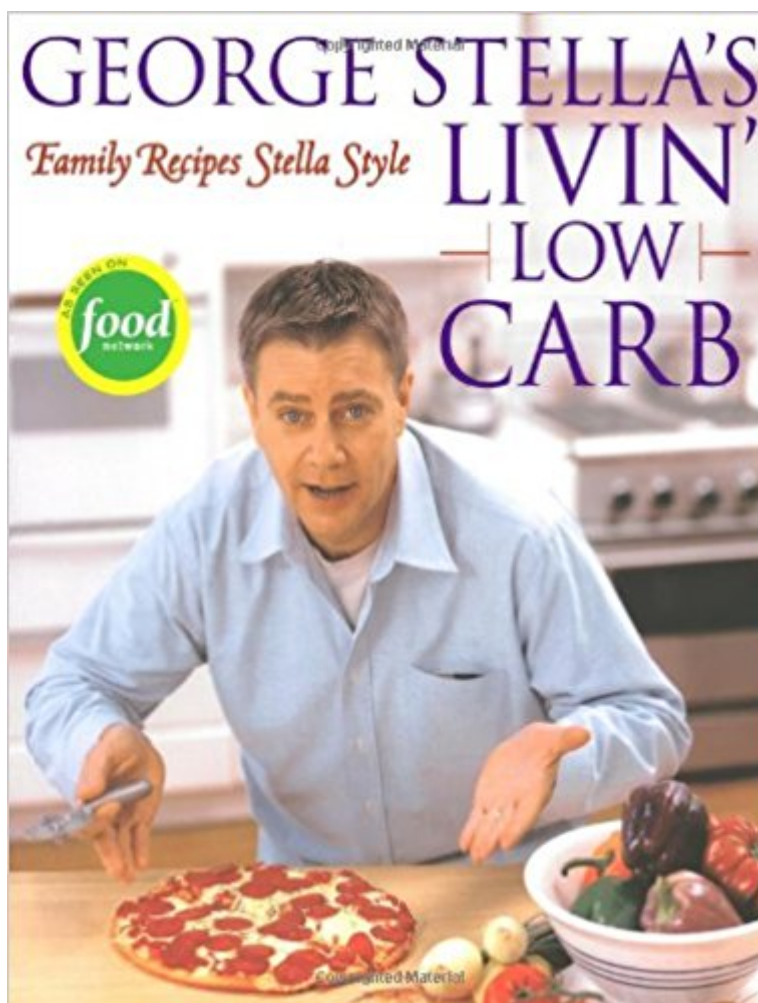




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George Stella's Livin' Low Carb: Family Recipes Stella Style



Synopsis

George lost weight with Stella Style: “eating fresh foods, using low-carb ingredients to reinvent your old favorites, developing better eating habits, and, most of all—eating food you love!” And he wasn’t the only one: The entire Stella family shed more than 560 pounds. In *Living Low Carb*, George has brought together more than 125 of the Stella family’s favorite recipes. For breakfast there are Blueberry Pancakes or George’s Gorgeous Macadamia Banana Muffins. For lunch or dinner try Low-Carb Pizza, Tequila Chicken Quesadillas, Spaghetti Squash Alfredo, Lasagna, Anaheim Shrimp Scampi, and Southern Fried Chicken. And don’t forget soups, salads, and vegetables! You’ll find recipes here for Key West Caesar Salad, Turkey Vegetable Soup, and Garlic Mock Mashed Potatoes. If it’s sweets you crave, try Chocolate Pecan Brownies or New York Ricotta Cheesecake. There are also party recipes (Nutty Muddy Trail Mix, Teriyaki Sesame Tuna Skewers), tasty drink concoctions (Strawberry Milkshakes, Lemon-Lime Slushes), and a wide array of condiments and dressings (including Quick and Easy Ketchup and Thousand Island Dressing). These recipes feature easy-to-find, low-carb ingredients that will fit any budget. More than just a cookbook, *Living Low Carb* is a practical guide to a sustainable low-carb lifestyle.

Book Information

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Customer Reviews

George Stella’s *Living Low Carb* has little in common with diet books: In fact, it’s got more in common with a cookbook you might have bought for yourself when you first moved out on your own. The style is casual and approachable, with no tense lists of diet-related details or

overly-complex recipes, and cooking techniques require little more than a working stove and a frying pan. George Stella (along with pastry chef-wife Rachel) have developed a wide range of recipes designed to compliment Atkins and other low-carb diet regimens. Rather than relying on packaged convenience foods that meet these dietary standards, they focus on home-cooked meals that satisfy the demands of low carb life without tasting like they were baked up in a factory. Flavors include Chinese (Szechuan stir-fry), Italian-American (clams casino), Southern (fried chicken), and American sweets (chocolate chip muffins and no-bake Key lime cheesecake). Snacks, salads, entrees, and desserts all see equal amounts of attention. There's a heavy reliance on the sugar substitute Splenda, but in general this is real food for daily life. The condiment chapter contains homemade versions of ketchup, mustard sauce, barbecue sauce and even Thousand Island dressing, and makes a simple place to get started even if the only kitchen appliance you're comfortable with is a can opener. Each recipe clearly notes "special equipment" (like 8-inch square pans) as well as the yield, net carbs per serving, and separate times needed for prepping and cooking. Because of the sugar substitute and number of recipes that alter classics in ways that compromise traditional textures in favor of lowering carbs (such as noodle-free lasagna), the book is most likely to be used by dieters, rather than all home cooks. Still, if you're looking for easy ways to tinker with your food intake that doesn't involve packaged mixes from the diet industry, Stella offers plenty of tasty options. --Jill Lightner

The low-carb diet may be a popular fad, but for Stella (host of Food Network's Low Carb and Lovin' It) it's a permanent way of life. By the time he was 40, Stella weighed 467 lbs. and was suffering from congestive heart failure. On a whim, he and his wife decided to try eating a diet low in carbs. Much to their surprise, they both began losing weight while eating things they used to think were off-limits (like bacon, eggs and real butter). Stella never looked back after that. As a great food lover and professional chef, he wanted to make low-carb foods enjoyable and knew he had the ability to do so. Through much trial and error, he came up with what are now his favorite recipes, compiled in his very own cookbook. First, he explains his food plan, playfully stressing that he is a chef, not a doctor. He lists seven simple rules for following the plan, and then delves into his recipes. Each one has a personal introduction, and most also include helpful "Cook's Tips" and useful inside info (like which brand names he prefers for certain recipes). Stella's enthusiastic, friendly style is enticing, just like his food, and his recipes reflect his lively personality, making them doubly appetizing. Anyone who fears the dreaded diet deprivation will be delighted to find recipes such as Bald Calzone, Low-Carb Pizza, George's Gorgeous Macadamia Banana

Muffins and Stella Style New York Ricotta Cheesecake. Equally delightful is his claim that "when you're low-carbing Stella Style, you don't have to quit eating until you're full." Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

I just received this book a week ago. I have read it from cover to cover and am really excited to get started Livin' Low Carb. Knowing that the Stella family used these recipes themselves and lost all of that weight and got healthy, really inspires me to start cooking this way. I was getting so frustrated going to the grocery store each week and not knowing what to get to eat healthy. Now, with this cookbook, I have many dishes that I can make and he says that there are no portion control, "eat til you are satisfied"! How wonderful is that! I have ordered three others of his cookbooks also. Just waiting for them to be delivered! Can't wait to try all the recipes! Going to the grocery store will no longer be a drag. Both of my parents are diabetics. I have told my mom about Stella's Cookbooks. She said she was going to order them also. I'm trying to lose weight and get a healthy lifestyle BEFORE I encounter health problems in my future! Thank you George Stella!

All of George Stella's recipes have turned out to be really tasty! I have bought 3 of his books so far and have been so happy with the food I've made. I can't say enough about how good his food is!

This guy is awesome. He's married already though.

Was not very happy at all the way this book downloaded! Very choppy and hard to read. You have to go through ALL the pages to find a recipe not a very user friendly cookbook.

George really believes in what he's showing both in the book and on TV. I enjoy this book and I enjoy the shows. The recipes are solid and I haven't hit a turkey yet as I go through and try out various things. I do wish there was less reliance on soy in the baking section, but that's a fairly personal preference. I've heard some grouching about his enthusiastic use of and endorsement of Splenda. Frankly I have no problems with that. Change to a different sweetener if you don't like or want to use Splenda. Cooking is something of an art, and (at least in MY mind) recipes are meant as a "starting point", after which you can embellish, embroider and alter to your personal taste. This cookbook gives lots of good "starting points". This is a great beginners low carb cookbook or one for someone who can't afford many on their shelves. Solid recipes, good gamut of choices, written by someone who isn't just jumping on the bandwagon, but actually LIVES a low-carb lifestyle.

If you are a little bit familiar with low carb, these are the easiest recipes ever, basically: Soy flour, heavy cream, splenda are the new items for those who are not familiar with low carb. the recipes could not have been easier and from scratch, no prepared mixes which make it more affordable, less crowded in the kitchen and easier to follow. they are very very delicious and this is from carbs lover. I tried almost all the deserts and the breakfast section, the reason I changed my rating from 4 to 5, because cooking is never easier or more delicious with Stella. there is all you need to eat variable vegetables, breakfast and deserts,, I don't need tons of recipes, to have cheesecake and brownies, pancakes and muffins, sangaria, basic frostings, cesaer dressing and cocktail for shrimp.. what more do I need.. we all know that any meat+ vegetables is good for low carb diet.. After I bought larger low carb books I loved Stella's book more, the layout is great, very organized, instructions very clear , ingredients very simple and available everywhere, every recipe was a success. The only downside is even if those recipes are low carb they are so yummy that you are going to eat more than a serving size and end up not losing weight.. I wish Mr. Stella would make his brand of store bought items...

I find something to cook every day!

Not as well put together as others I have by Stella but good recipes

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