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IMPORTANT! This ****NEW Revised edition Volume-3**** is ONLY available from EUREKA PUBLISHING! It's much improved with many COLOR photos + many NEW added Recipes now organized by Category (not by author, anymore) all stringently Low-Carb! (1) Low-Carbing Among Friends is a NATIONAL BEST SELLER cookbook series for the Low-Carb community by the World's most famous LC-GF recipe creators, the #1 Low-Carb team in the world! 100% of the recipes are Sugar, Wheat and Gluten Free. Authors test their recipes with a variety of Low-Carb sweeteners, NATURAL and/or artificial. It is easy to use our cross-substitution info for YOUR FAVORITE SWEETENER (2) It's a collaboration between 6 talented recipe creators and 2 respected doctors (3) Each book showcases the unique talents and recipes of these famous recipe creators, bringing an exciting new style of cookbook to the Low-Carb world, PLUS we have a FRIENDS section of popular recipes! Our team of experts work together, complementing each other perfectly, contributing advice, recipes + decades of learning, making this book very special for Low-Carbers! ALL recipes are less than 10g carbs/serving, MOST less than 5g - From strict Induction to regular low-carbing! It's only partially a Paleo/Primal resource! 2/3rds of the recipes are for Meal-times, about 1/3rd are Breads, Desserts, Baking etc. If you're intolerant to gluten, have Celiac disease or prefer to avoid Wheat/Gluten products, you'll be thankful for this enormous resource of awesome recipes that are Low-Carb, 100% wheat and Gluten-free! These recipes are incredibly innovative, simply wonderful breakthroughs! It is easy to create low-carb, sugar-free recipes! It's tougher to also make those recipes wheat-free and gluten-free -that's challenging! We support you with Websites, Blogs, Facebook, many color photos + YouTube ****SPECIAL ORDER SPIRAL BOUND**** version at: AmongFriends.us or BUY Regular version at AMAZON (BUT only from EUREKA PUBLISHING!) with Amazon PRIME FREE SHIPPING!

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