



# Special Order Recipes: Low Fat, Low Carb, High Protein

*Janice OBryan*

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## **Special Order Recipes: Low Fat, Low Carb, High Protein** Janice OBryan

A unique recipe writing style that allows the home cook to adapt recipes based on likes and/or dietary needs. Each recipe starts from a Basic Recipe and builds on that foundation to allow a variety of combinations with very simple changes to the base recipe. The book contains over 120 recipe variations, based on 25 basic recipes. This volume focuses on recipes with low fat, low carb and high protein foods.



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