



## Cut the Carbs: 100 Recipes to Help You Ditch White Carbs and Feel Great

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By Tori Haschka

Quadrille Publishing Ltd. Condition: New. Tori's recipes will help you to stop being reliant on nutrient-poor carbs and to get more creative in your cooking. At the same time, you will inevitably feel better in body and mind. She inspires you to inject some new life into your dishes. Num Pages: 176 pages, Over 60 colour photographs. BIC Classification: WBH. Category: (G) General (US: Trade). Dimension: 209 x 272 x 23. Weight in Grams: 1002. . 2014. Hardcover. . . . Books ship from the US and Ireland.



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