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Top Low Carb Books. These are my Top Low Carb Books (in no particular order). My list has evolved to be far more than my original Top 10, and no doubt more will appear in the future as more are published.

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### **Low Carb Books Low Carb Zen**

These two revolutionary books by DJ Foodie compliment one another, presenting a complete picture of how to plan, eat, and bake low carb (deliciously), forging an easy-to-follow ROADMAP TO JUMPSTART DIET SUCCESS.Painlessly.

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### **Carbohydrate Counter Book with Fast Food Carbs**

A carb counting book that works for us that has many restaurants and fast food carbohydrate counts. The carb guide also includes snacks and fresh fru. One of the first things that I set out to look for was a good carb counting book for diabetics.

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