

[PDF] 200 Low-Carb Slow Cooker Recipes: Healthy Dinners That Are Ready When You Are!

Dana Carpender - pdf download free book



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Description:

About the Author Best-selling author **Dana Carpender** was startled to discover that limiting her carbohydrate intake not only helped her control her weight, but produced the health and vitality a low fat diet had promised but never delivered. Fifteen years later, she laughs at people who say "You

can't eat that way long-term." Her eight cookbooks are the result of her realization that the key to permanent dietary change is the answer to the age-old question, "What's for supper?" To date they have sold over a million copies worldwide. Dana blogs about low carb nutrition at www.HoldtheToast.com; her weekly blog digest goes out to over 20,000 readers. She is also Managing Editor of CarbSmart Magazine at <http://www.CarbSmart.com>, as well as a featured staff writer. She launches her internet radio show, Dana's Low Carb For Life, on Labor Day 2010. Dana lives in Bloomington, Indiana with her husband and a menagerie of pets, all of whom are well and healthily fed.

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