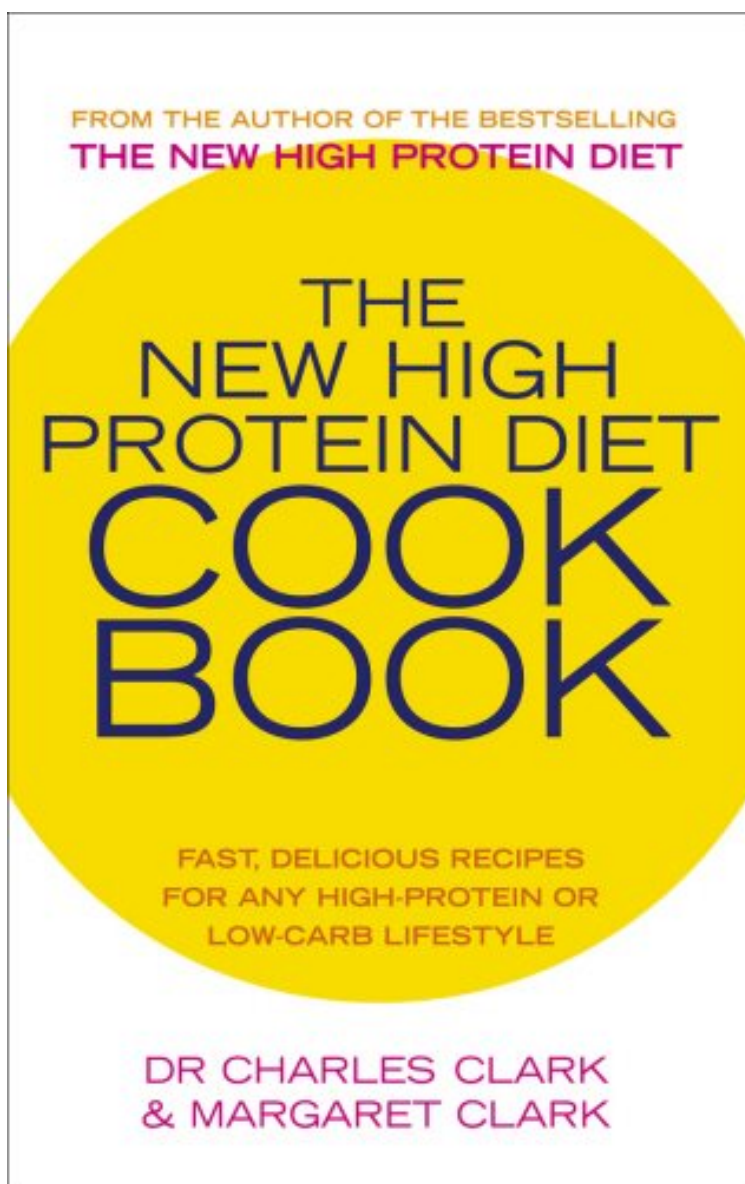


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The New High Protein Diet Cookbook: Fast, Delicious Recipes for Any High-Protein or Low-Carb Lifestyle

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By Mark MoxomA great follow-on to his previous diet books and these recipes are no less tasty. When tasting some of the dishes you have to ask yourself if you're REALLY on a diet. The recipes are very easy to follow and cover all meals from breakfast through to dinner and even snacks
British users will find it a breeze as all the units are `Brit Friendly' and practically all the ingredients can be found in UK stores. The downside is the lack of pictures to know what the meal should look like- that's always helpful. Many of the menus have flour and or other high carb ingredients although often in small quantities so they may not be suitable for very low carb regimes such as Atkins induction diets. Vegetarians will be disappointed too as the selection is somewhat limited. Overall though, this is an excellent book and one to be highly recommended.
Mark Moxom. Editor: low carb Atkins Newsletter

Full of recipes that are easy and delicious, this is the companion cookbook for anyone on a high-protein-low-carb diet

"the perfect companion for anyone on a high-protein, low-carbohydrate diet" * Pride Magazine *
About the Author
Professor Charles Clark is an international authority on glaucoma and diabetes. He is a Fellow of the Royal College of Surgeons of Edinburgh and a Professor at Griffith University, Queensland, Australia.