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By Dana Carpender

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500 Low-Carb Recipes by Dana Carpender: Low-fat or low-carb? A recent New York Times Magazine (July 7, 2002) cover story answered this question and said that Dr

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Product Description. Dana was cleaning out one of her closets and found a bunch of copies of 500 Low Carb Recipes and offered them to our Low Carb dieters.

500 low- carb recipes (eBook, 2002) -

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About | Dana's Low Carb for Life! -

Dana Carpender, author of nine cookbooks, including the best-selling 500 Low-Carb Recipes, started her writing career as a self-published author.

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Feb 02, 2012 This is based on Dana Carpender's recipe from her book 500 Low-Carb Recipes. She is my all time favorite low-carb recipe writer -- she's the real deal.

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If variety is the spice of life, the 500 delicious recipes in this cookbook from Dana Carpender will have the entire family eating out your hand.

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