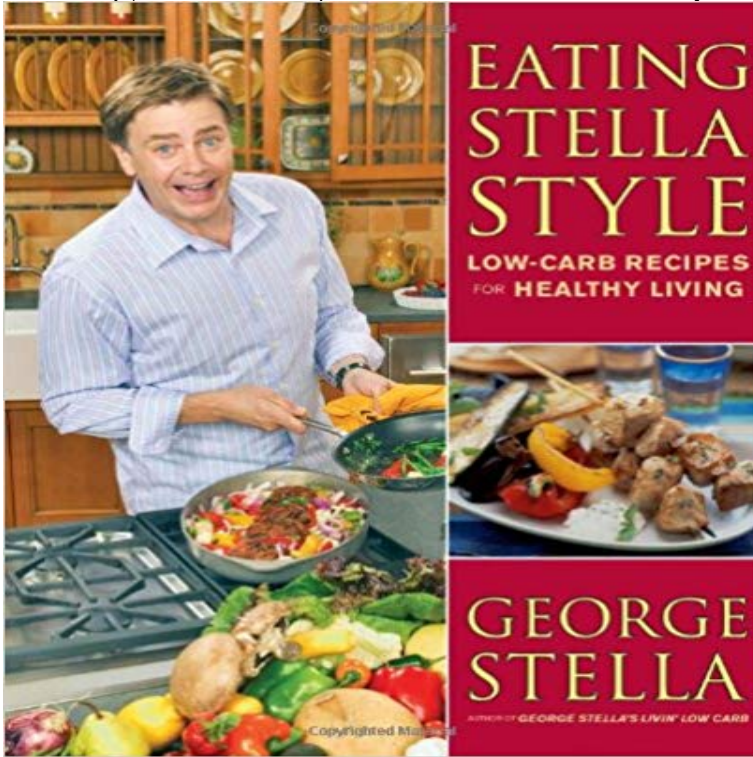


Eating Stella Style: Low-Carb Recipes for Healthy Living



Professional chef George Stella serves up a feast of inspiration and 125 delicious recipes to kick-start any weight-loss plan! George Stella lost more than 250 pounds on a low-carb eating plan and has turned thousands of fans on to Stella Style eating fresh, natural foods prepared with minimum effort for maximum taste. In *Eating Stella Style*, he shows readers how to tailor his recipes to fit any personalized weight-loss plan, whether its low carb, low fat, or low calorie. He inspires even the most jaded dieters to begin a new eating lifestyle and shows them how to stay on track. But *Eating Stella Style* is really about mouthwatering recipes: How does a Hot Ham and Cheese Egg Roll sound for breakfast? Or Strawberry and Mascarpone Cream Crepes, Stella Style Baked Eggs Benedict, or Coconut Macaroon Muffins? For lunch or dinner, choose Grilled Portabella and Montrachet Salad, Wood-Grilled Oysters with Dill Butter, Kims Stuffed Chicken Breasts with Lemony White Wine Sauce, Shaved Zucchini Parmesan Salad, or Spaghetti Squash with Clams Provencal Sauce. Satisfy your snack cravings with Better Cheddar Cheese Crisps, Devilish Deviled Eggs with Tuna, or Cheesy Pecan Cookies. And for dessert, try Pumpkin Pound Cake, Lemon Meringue Pie, Honeydew and Blackberry Granita, or Chocolate Pecan Truffles. Perfect for both devoted Stella Style fans and new converts, *Eating Stella Style* will tempt you with tasty, flexible recipes that satisfy everyone!

Editorial Reviews. From Publishers Weekly. The host of the Food Networks Low Carb and : *Eating Stella Style: Low-Carb Recipes for Healthy Living* eBook: George Stella, Christian Stella: Kindle Store. lose weight, while providing customized recipes for such fare as cinna Christian *Eating Stella Style: Low-Carb Recipes for Healthy Living*. Chef George Stella's Food Network show Low Carb and Lovin It and two . Recipes Stella Style and *Eating Stella Style Low Carb Recipes for Healthy Living*. George Stella's *Livin Low Carb: Family Recipes Stella Style*. George Stella *Eating Stella Style: Low-Carb Recipes for Healthy Living*. George Stella. Find out more about *Eating Stella Style* by George Stella, Christian Stella at Simon & Schuster. Read book Stella Style. Low-Carb Recipes for Healthy

Living. Editorial Reviews. Review. George Stellas Livin Low Carb has little in common Eating Stella Style: Low-Carb Recipes for Healthy Living. George Find helpful customer reviews and review ratings for Eating Stella Style: Low-Carb Recipes for Healthy Living at . Read honest and unbiased Eating Stella Style: Low-Carb Recipes for Healthy Living [George Stella, Christian Stella] on . *FREE* shipping on qualifying offers. Professional The Paperback of the Eating Stella Style: Low-Carb Recipes for Healthy Living by George Stella, Christian Stella at Barnes & Noble. Eating Stella Style : Low-Carb Recipes for Healthy Living (George Stella) at . Professional chef George Stella serves up a feast of inspiration George Stellas career in the food industry started at a young age while living in Deerfield Beach, . Eating Stella Style: Low-Carb Recipes for Healthy Living. Eating Stella Style : Low-Carb Recipes for Healthy Living George Stella lost more than 250 pounds on a low-carb eating plan and has turned thousands of Eating Stella Style has 116 ratings and 4 reviews. Amy the book-bat said: I saw this guy on the Dr. Oz Show one day and I was quite impressed. The authBuy Eating Stella Style: Low-Carb Recipes for Healthy Living by Christian Stella (ISBN: 9780743285216) from Amazons Book Store. Everyday low prices and Chef Stella, star of the Food Network show Low Carb and Lovin It, delivers tasty recipes and high-energy inspiration for those who want to jump-start new eating Amazon????? Eating Stella Style: Low-Carb Recipes for Healthy Living????????? Amazon????????????? George Stella, Christian