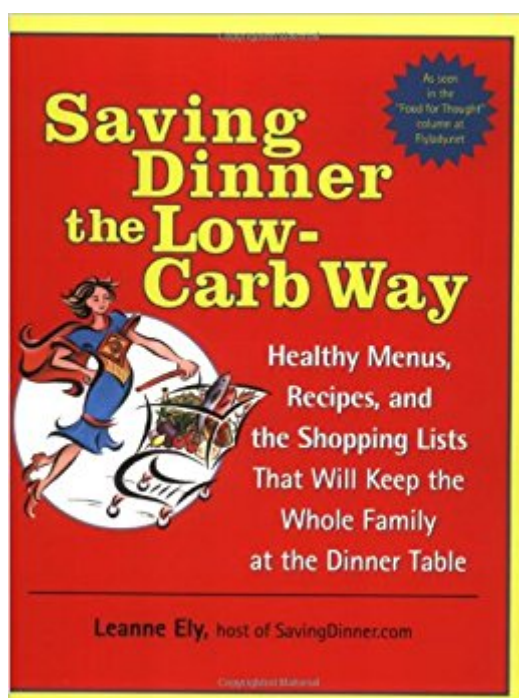


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# Saving Dinner The Low-Carb Way: Healthy Menus, Recipes, And The Shopping Lists That Will Keep The Whole Family At The Dinner Table



## Synopsis

Leanne Ely doesn't actually cook dinner for your family. It just feels that way. Certified nutritionist Leanne Ely loves delicious food and is dedicated to enticing today's busy families back to the dinner table with home cooking that cannot be beat. In *Saving Dinner the Low-Carb Way*, she integrates low-carb requirements into her melange of dining pleasures for every season—providing easy-to-follow menus and highlighting per-serving measurements of calories, fat, protein, carbohydrates, cholesterol, and sodium for each dish. Itemizing ingredients by product in convenient lists, Ely makes your grocery shopping quick and effortless. She also gives you a helping hand in the kitchen with shortcuts that take the stress out of cooking, and suggests menu variations for children and family members who choose not to go the low-carb route. The result? These dinners are not only balanced and healthy but truly varied and delectably good to eat. Main dishes like Low-Carb Beef Stroganoff, Crustless Quiche Lorraine, Crock-Pot Pork Jambalaya, Skillet Salmon with Horseradish Cream, and nearly 150 other entrees (plus recommendations for great side dishes) make dinnertime special in more ways than one.

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## Customer Reviews

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LEANNE ELY is considered the expert on family cooking and healthy eating. Between her popular Heart of a Woman radio show in Southern California and her weekly "Food for Thought" column at the ever-popular Flylady.net website, thousands of fans have already discovered Leanne Ely's secrets to easily prepared, well-balanced meals.

This book is great. Everything is organized and grocery shopping lists are in the book. The accumulation of ingredients is a bit expensive but there is plenty left for another meal or more. The recipe directions are good and we used week 2 for the Spring season to start with. We have enjoyed 3 of the 4 dinners enough to want to make those again. It seems like gourmet cooking and we include the suggested sides and accompaniments listed at the bottom of the recipe pages. We like very much that a nutritionist has developed these menus and we feel healthier after eating these healthy meals.

I came to Leanne through Flylady and the menu mailer, and I am SO glad I finally bought this book! Delicious, uncomplicated and usually thrifty recipes with ingredients I can find at my local grocery! A year of recipes and serving suggestions (6 per week) one week at a time with shopping list, divided by seasons. I can use the seventh day to slip in family favorites. For anyone without the time or inclination for menu planning who wants to eat well this book is great! My daughter, recently married, has been struggling with food budgeting and meal planning so I got back on and bought her a copy, along with a few more of Leanne's books. I would recommend this unreservedly, and plan to make it my standard wedding/ baby shower gift. After 42 years of planning my own menus I'll be happy to let Leanne do it for me!

Great menus and recipes for the diabetic in your life. Gave this book as a gift to a non-cooking friend and she loves it too. Recipes are easy, tasty and take advantage of seasonal produce. Shopping lists are provided. Highly recommended.

I've tried maybe 10-15 of the recipes so far. Most have been big hits. No outrageous food items. Leanne Ely knows how to use combinations of spices that make your mouth sing! We are loving these recipes. Her explanations are also crystal clear so you have the feeling that you'll have success -- and you do. The plan of giving you a weekly shopping list is interesting. I don't do that each week, but it sure makes things easy going to the store (or pantry). The most wonderful thing about this book is that I don't have to cook 2 different meals for my family. I eat a moderate carb diet so I appreciate the lower carb count in the recipes, however, she gives ideas of what to add to the meal to round it out for family members who want that full-carb feeling. Ha! Each recipe has a nutritional analysis, too. I find this especially helpful as I'm not doing as much fat as the typical low-carb diet. I can tweak the recipes to lower the fat more easily than I could lower the carbs on a regular cookbook. (Ely's regular SAVING DINNER cookbook has tons more carbs but less fat.) I'm thrilled with what I'm finding in this book. My kids have given me unsolicited complements!!! That ranks!

I love Leanne's books. She simplifies my weeks by her menu planning - she makes grocery shopping, dinners and healthy eating a breeze. Her low carb book is my go-to book. The recipes are quick and easy, fun and family friendly. Her tips are invaluable and help streamline dinners, maximizing family time.

Making the adjustment to low carb has meant learning a whole new way to cook. Before I discovered this book, other recipes I've tried have been bland or required too much prep time. Not this one. From the very first page, I was able to hit the ground running, since the book comes complete with WEEKLY shopping lists and recipes that take a short time to throw together but taste like they've taken all day to cook. We enjoyed Cube steaks with onion gravy, Thai Shrimp, Skillet Chicken Mediterranean and more. Don't be scared by the "exotic" sounds of some of the recipes. This is family cooking, NOT something that you could only eat if you had the most refined of palates. If your kids aren't fish lovers, you might want to keep some simple alternatives on hand but on most nights, they should be able to eat the same menu as the "Low carbers". ONE caveat - Some of the recipes are designed for a crockpot. I don't have one and I found it simple to adjust the cooking

times. It was no big deal. But do keep in mind that at least one recipe a week is designed for a crockpot. Again, this wasn't a big deal to me, even without one. In every other way, the book is perfect for our needs and we've branched out into newer, better recipes than before. Thanks, Leanne!

I have an entire library of low carb cookbooks but when I received this one I knew it was special. Divided into seasons this one is very family friendly. I was looking for a book that would help me get a nightly dinner on the table and this one is it. It contains normal ingredients I can get at our supermarket. Short, uncomplicated recipes with suggested side dishes and grocery lists abound. Everything I have made has been very good. I wish I had found this book years ago....it would have helped so much with our low carb lifestyle.

I like this cook book because it gives you shopping lists for all of the recipes. It also has a lot of things that i used to make..where you just switch out one or two ingredients and they become a lot healthier (like goulash)!The only thing i dont like is that there is a lot of repeat recipes. I get that this is a planner, but i really dont need them to plan out my whole year...so i feel recipes shouldnt get repeated.

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