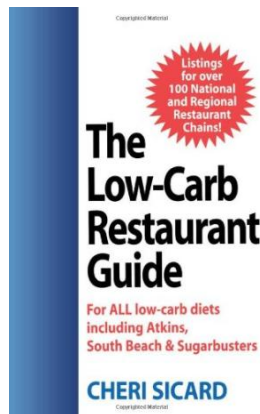


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THE LOW-CARB RESTAURANT: EAT WELL AT AMERICA'S FAVORITE RESTAURANTS AND STAY ON YOUR DIET



Rowman & Littlefield. Paperback. Book Condition: new. BRAND NEW, The Low-Carb Restaurant: Eat Well at America's Favorite Restaurants and Stay on Your Diet, Cheri Sicard, Here is the guide to help low-carb dieters maintain their eating programme when dining out. Travel and food writer Cheri Sicard, a low-carb dieter herself, gives specific menu choices and tips for choosing low-carb meals in any restaurant, including over 100 national chains that range from fast-food to casual-eating to high-end dining establishments. Each restaurant...

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