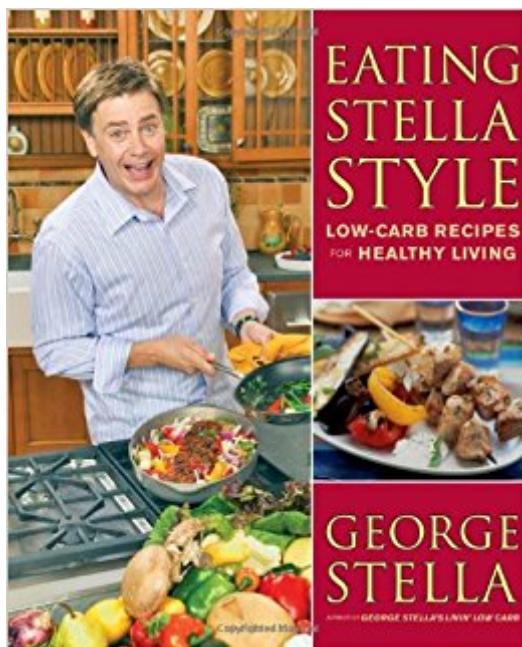


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# Eating Stella Style: Low-Carb Recipes For Healthy Living



## Synopsis

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 it's 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 Crêpes, 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, Kim's Stuffed Chicken Breasts with Lemony White Wine Sauce, Shaved Zucchini Parmesan Salad, or Spaghetti Squash with Clams Provençal 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!

## Book Information

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## Customer Reviews

The host of the Food Network's *Low Carb and Lovin'* turns his popular show into text, punctuated

by many exclamation points. He has a lot to be excited about: in the introduction, Stella offers his own case history as encouragement, explaining how he lost 260 pounds and helped his wife and children trim down, too, by avoiding sugar, flour and other insulin elevators. The first chapters share tips on building a strong support system and eating until you're satisfied, reading labels and shopping the outer aisles of the supermarket. Most of these will be self-evident to anyone who's tried to diet before; what Stella brings to the equation is a folksy optimism and a Dad-like sense of humor. Building on the Atkins diet, Stella's plan emphasizes fresh whole foods, and most of the recipes are starchless versions of casual restaurant cuisine, like Chicken Fajita Salad, Chili-Rubbed Baked Salmon, and Lemon Meringue Pie. Stella acknowledges the importance of moderation and shows readers how to prepare the occasional sweet, plate of pancakes or cocktail. While neither the diet nor the food are innovative, this work will surely resonate with some readers. (Jan.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

For the cook who wants to pursue a weight-loss regimen, the authors recommend a low-carbohydrate approach. Their basic advice is straightforward: eliminate the "white stuff" such as sugar, flour, pastas, breads, and other simple sugars and starches. They build from that starting point by emphasizing nutritious foods that offer good flavors and that are easy to work with. Among these, lean meats, poultry, eggs, and cheeses stand out. Lettuce substitutes for tortillas in a burrito-like wrap. Green-bean casserole uses homemade crisp onion topping, mushrooms, and sour cream to substitute for mushroom soup. Ground beef stroganoff fills the bill so long as it's served without a bed of starch-rich rice or noodles. The Stellas offer a replacement for flour based on ground almonds. Their rejection of sugar doesn't mean complete denial of sweets. Modern sugar substitutes have made many desserts possible, even a "breadless" bread pudding, which turns out to be a sweetened ricotta dessert. On this diet one may even occasionally indulge in a low-carb margarita. Mark KnoblauchCopyright © American Library Association. All rights reserved

Now have 5 of George Stella's low carb books.....this is the weakest. It is an older book that I got used and thought I would see if it had some "olides but goodies". Not so much. Also only has 4 pages of color photos (8 sides) all in the middle of the book, so with 210 or so pages of recipes, the photos are mighty slim pick'ns. I love the other more recent books and so find that they are significantly different from others in previous books (although you can count on his basic and wildly popular cheesecake recipe showing up in all of them with some type of tweek or variation....I am fine with that. But skip this book....buy another.

George Stella really knows his carbs. This cookbook doesn't take away all carbs but the ones that are allowed contribute to delicious uncomplicated recipes. I love the cauliflower and cheese as a substitute for macaroni and cheese! My weight is gradually decreasing and I am not feeling deprived at all. Get the book, read it, and you will be convinced to try the recipes. Enjoy!

Love all of Stella's books. I am diabetic and his books are the best way to learn how to eat well.

I have been eating low carb for seven years. As a fibromyalgic with diabetes, I was a very sick woman seven years ago. A low carb diet and the treatment I'm using for fibromyalgia (Dr. Paul St. Amand's guaifenesin protocol as outlined in *What Your Doctor May Not Tell You About Fibromyalgia*) have together saved the quality of my life. It's hard to find good low carb cookbooks with recipes that are easy to prepare and easy to find ingredients. Both George Stella's cookbooks are right on the mark. I highly recommend them. Many of his recipes have become favorites for both me and my guests. I love to feed people, and no one leaves my table feeling deprived.

Brilliant book! Highly recommend to anyone who is looking for low carb recipes. It was helpful to learn that the author and his family started their weight loss by reading and applying Dr Atkins Diet and then proceeded to compile recipe books thereafter that continued in keeping with low carb recipes. Having followed in like manner, I would advise others to do the same. The Atkins Diet Revolution for Diabetics is the best, and one does not have to be a diabetic to be able to gain all the knowledge needed together with menu plans, recipes and real life stories from people who had health issues. The books written by George Stella are a helpful addition to the Atkins Diet Books, and especially if you are at the maintenance level.

George Stella's cookbooks will continue to be in my collection a long time to come. I still enjoy his first book and this one as well and like the idea of using the almond flour. It can be costly if you purchase it already ground so I take their idea to just buy the almonds and ground them in my food processor. I mix it up a bit and still use the soy flour as well. I love the Greek Frittata (love Greek style food or anything Mediterranean), Family Style Chicken (never quite made it this good before because if I oven-baked it, it would come out dry and unappealing), Mojo pork roast (I love limes), and the Greek Burger from the Boredom Bashing Burgers with the Tzatziki sauce. Of course that's not all but the point is I can work with these recipes and that makes it a keeper. I saw that there are

a couple newer cookbooks out where George Stella is focusing more on good carb cooking and I think that is great. It's not so much about cutting all carbs out of your diet but making wiser choices where carbs are concerned. I had some concerns with my blood pressure creeping up last year and I never had that problem before and since I have been keeping my weight down lately the problem has gone away so I appreciate anything that helps keep the weight off. Lowering my sugar and white flour intake works best for me and I'm ready to add his other two books to my collection.

I like that these recipes are for people who are actually living a life not just consumed by their diet. It has very easy to make recipes and I love the fact that he has included margaritas (my fav) and sangria. We don't live life in a bubble (or I don't) we need to get out there and be a bit naughty sometimes without feeling guilty.

We use this book so much in my house that the pages are dog eared and food stained! I love the recipe for pumpkin muffins as they use almond flour (not soy flour like his other book used a lot, which tastes yuck). Lots of good stuff in here!

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