



Low-Carb Cocktails: Delicious Alcoholic and Nonalcoholic Beverages for All Low-Carbohydrate Lifestyles

By Douglas J. Markham

Gallery Books. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 6.8in. x 5.0in. x 0.6in.Are you maintaining a low-carb diet Trying to cut your sugar intake Or just trying to watch your weight. . . and still have fun Look no further than this one-of-a-kind guidebook by famed low-carb guru Dr. Douglas Markham. Here youll find a dazzling array of innovative recipes for easy-to-prepare, mouth-watering, low-carbohydrate cocktails and delicious high-protein snacks. Youll also discover: the safest, most effective way to follow a low-carb lifestyle in social circles how the kind of alcohol you ingest affects your brain and your body how to drink responsibly the preferred liquors, wines, and beers for stocking your bar sugar-free mixers, garnishes, and other ingredients to have on hand the nonalcoholic equivalents of todays most popular cocktails which low-carb protein-rich snacks can slow the absorption of alcohol . . . and much more. Let Low-Carb Cocktails help you raise a glass to easy spirits, improved drinking habits, and a healthy, balanced life. Cheers! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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