



# George Stella's Good Carb Family Cookbook

*George Stella*

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## **George Stella's Good Carb Family Cookbook** George Stella

This is George's third and latest cookbook since his family lost over 500 pounds using his Good Carb recipes. His latest book co-authored by his son Christian, with contributions from the whole family is a testimony to the effectiveness of eating Stella Style for not only loosing weight but keeping it off. In his Good Carb Family Cookbook, George Stella, Food Network chef and weight loss sensation serves up the secrets to his and his family's success! George, his wife Rachel and two sons lost over 560 pounds by only cooking with fresh, healthy and wonderful food that is naturally low in carbohydrates. Not only does he share his tips on (what he calls) good and bad carbs, eating healthy on a budget and getting your kids on board, he'll also share 100 of his family's best recipes ever. From his family classics like Chicken Cacciatore to the surprisingly simple, but-oh-so seemingly sophisticated Steak Diane. Just make sure you save room for a thick, rich and secretly sugar-free slice of Stella Style Chocolate Marble Cheesecake, a cheesecake recipe that's been seven years in the perfecting. These are the recipes that changed the Stella family's lives forever. From their family to yours, dinner is served. This Family cookbook was truly a family work of love. Every recipe pictured in the over 50 photos was prepared by George, Christian or Rachel Stella. All the photos were taken in or outdoors at the Stella Family home in Florida by Christian Stella. All the hundreds of illustrations were done by Elise Stella. After every photo shoot, the Stella family sat down to a healthy delicious meal. The Stella family invites your family to enjoy these meals as much as they do on a week-in and week-out basis. Bon Appetite!

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