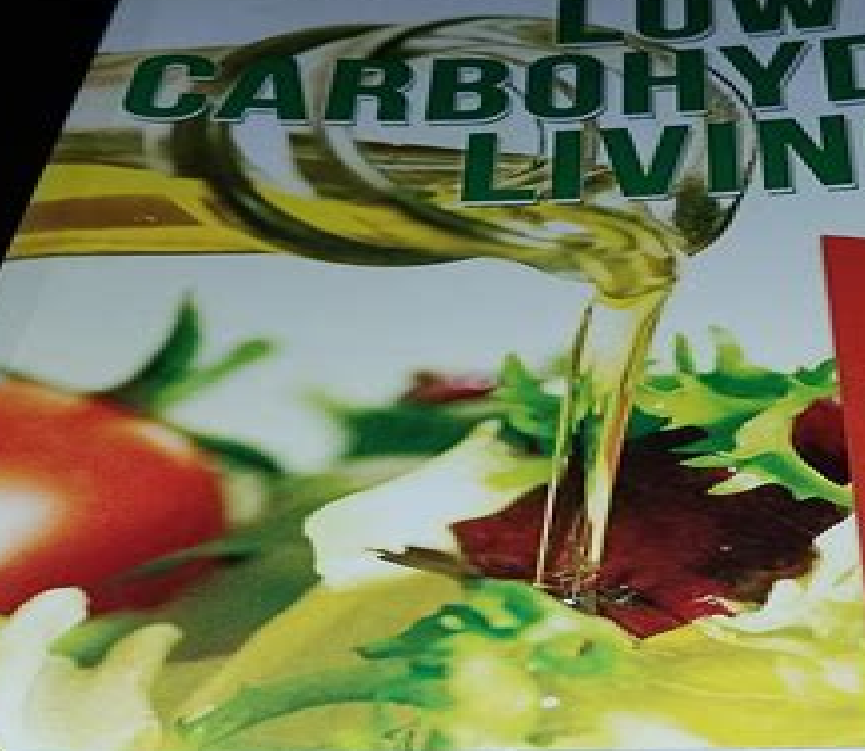


Jeff S. Volek, PhD, RD  
Stephen D. Phinney, MD, PhD

# THE ART AND SCIENCE OF LOW CARBOHYDRATE LIVING



An expert  
guide to  
making the  
life-saving  
benefits of  
carbohydrate  
restriction  
sustainable  
and enjoyable

# Science Experiments Low Carb Recipes Guide

**Shasha Hu**



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