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**LOW-CARB ITALIAN COOKING**  
**with**  
**'THE LOVE CHEF'**

In his latest book, **LOW-CARB ITALIAN COOKING WITH THE LOVE CHEF: Delicious Italian Recipes for Today's New Lifestyle** (M. Evans & Company, April 2004, \$21.95) Francis Anthony, known nationally to audiences as 'The Love Chef', presents 150 unique recipes featuring the best of healthy, low-carb Italian cooking -- and the secrets to making these recipes please your palate while keeping your waistline trim.

Dr. Atkins once told Francis Anthony, "Your Italian recipes will work on a low-carb diet plan." And indeed they do. When you try them you'll see why *Time* Magazine says the Love Chef has "a handle on the coming food explosion."

These recipes are quick and easy to make, and they do work: While eating his way through 22 Italian cities, 12 Australian and New Zealand cities and more than 75 American cities, The Love Chef himself managed to lose 30 pounds and 15 points of bad cholesterol!

These dishes are perfect to share with friends or, better yet, that special someone. Take a look at some of the many recipes offered.

- \* Roman Artichokes: A unique appetizer discovered just last year by The Love Chef in the Old Roman Jewish Quarter in Italy, it's simple to make yet satisfying to taste.
- \* Halibut with Saffron Sauce: Saffron brings out the best in this delicate white fish. Easy to make, you'll think you're dining at the finest five-star kitchen -- your own!
- \* Snapper Livornese: The reason you find this dish on so many Italian menus is because it's so good. The Love Chef will tell you the secret to making this dish a smash success -- you can't make a mistake.
- \* Oven Roasted Salmon with Salsa Verde: The Love Chef once prepared this dish for a popular Italian opera star, and he's never stopped singing its praises. (Sorry we can't give you his name; otherwise, they'll be no

more free tickets to La Scala!)

But it's not just about taste. There's more to life than eating. Obesity has reached an all-time epidemic level. We're a gorge-yourself, supersize it, high-carb society. We have to stop the insanity. Plain and simple -- we need to incorporate into our diet easy-to-prepare, satisfying food that helps you to shed unwanted, unhealthy pounds and maintain an ideal weight. (Diabetics will especially benefit from the low-carb counts in these delicious recipes.)

And that's where this book can help so many of us. You won't be eating "health food". Instead, you'll be eating great-tasting food that is healthy. If you just cook these recipes, eat the recommended portion, and watch your intake of foods containing refined flour and sugar, you will lose weight.

*Mangia bene!*

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