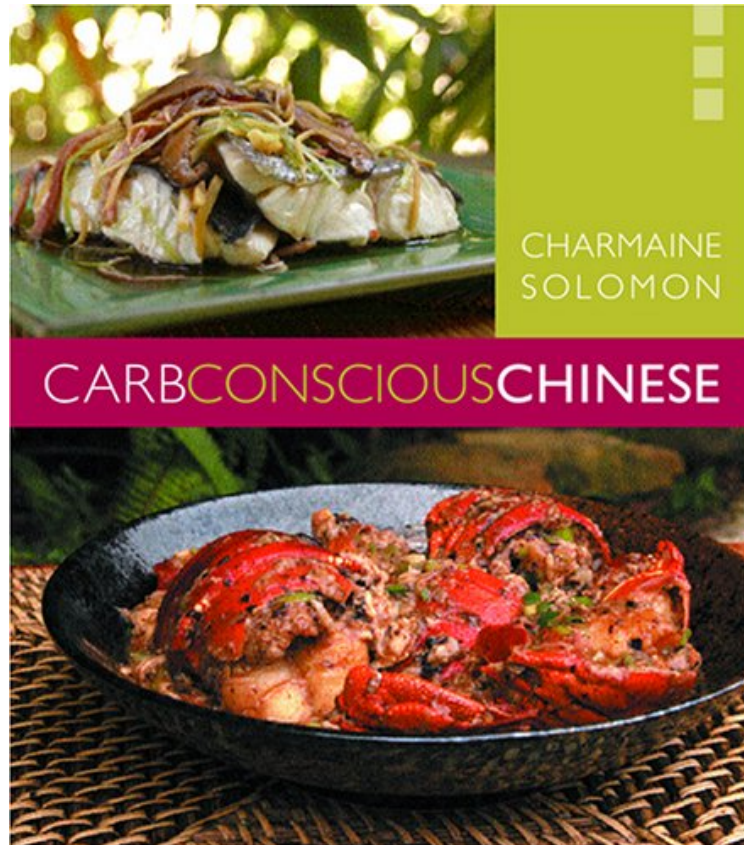


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## Low Carb Chinese Cooking

*Charmaine Solomon*

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**Charmaine Solomon : Low Carb Chinese Cooking** before purchasing it in order to gage whether or not it would be worth my time, and all praised Low Carb Chinese Cooking:

Low Carb Chinese Cooking combines one of the oldest and most popular cuisines in the world with an equally popular method of weight control - the low carbohydrate diet. All of Charmaine Solomon's recipes are the result of painstaking research and evaluation of recipes, and her books have become household works of reference for anyone who loves to cook.