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## The Low-Carb Restaurant: Eat Well at America's Favorite Restaurants and Stay on Your Diet

By Cheri Sicard

Rowman & Littlefield. Paperback. Book Condition: new. BRAND NEW, The Low-Carb Restaurant: Eat Well at America's Favorite Restaurants and Stay on Your Diet, Cheri Sicard, Here is the guide to help low-carb dieters maintain their eating programme when dining out. Travel and food writer Cheri Sicard, a low-carb dieter herself, gives specific menu choices and tips for choosing low-carb meals in any restaurant, including over 100 national chains that range from fast-food to casual-eating to high-end dining establishments. Each restaurant chain description includes location and culinary speciality, and is rated by a star system ranging from one (I hope you're not too hungry) to five (Wow, you call this dieting?). This essential dieting tool also provides recommendations for the chain's best menu choices (along with carb counts and calories) and carb-reducing tips (order au jus instead of gravy with your roast beef). Restaurants include: McDonalds, Burger King, TacoBell, KFC, Denny's, IHOP, Chili's, Applebee's, The Olive Garden, Outback Steakhouse, Red Lobster, Benihana, Houston's, Morton's, and Ruth's Chris Steakhouse.

### Reviews

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