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Millions of Americans have discovered exactly what Chef Jude W. Theriot found when he tried a diet low in net carbohydrates: that cutting carbs is an effective way to maintain long-term weight loss because the food available on this regimen can be deeply satisfying.

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Chef Jude Theriot returns to cookbook writing with his first in more than ten years. This cookbook is a result of Chef Theriot's own struggles with his weight. In developing the recipes for this book and eating them, he lost more than one hundred pounds! Recipes include Cajun classics such as gumbo, crab au gratin, étouffée; and zesty takes on traditional American fare such as pizza and meatloaf. There are also recipes for dozens of sauces, dressings, spice mixes, and desserts.

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