



# THE CARBOHYDRATE DIET COOKBOOK

*Great recipes for high-carbohydrate,  
low-calorie, one-dish meals that make  
the best-selling diet as easy and  
delicious as it is effective*

**Judith J. Wurtman &  
Margaret Leibenstein**

# The Carbohydrate Cravers Diet Cookbook By Wurtman Judith J Leibenstein

**Judith J. Wurtman, Margaret  
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## **The Carbohydrate Cravers Diet Cookbook By Wurtman Judith J Leibenstein:**

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