Living Low-carb: The Complete Guide to Long-term Low-carb Dieting

Frances Monson McCullough

Low-Carb Dieting, Living Low-Carb Diet Review: How It Works - WebMD 29 Jan 2014. Complete Guide to Fats & Oils on a Low-Carb Ketogenic Diet They are the most stable, have long shelf life and high smoke points. Use these 

by Jimmy Moore - Living La Vida Low Carb - but I missed that recommendation. ..