

# Secrets Of Good Carb / Low Carb Living By Sandra Woodruff

**By Sandra Woodruff**

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This recipe comes from "The Good Carb Cookbook" by Sandra Woodruff, M.S., R.D. Depending on how hot I want it, Red Beans & Sausage Jambalaya.

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Sandra Woodruff The Good Carb Cookbook: Secrets of Eating  
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Woodruff (The Good Carb Cookbook ; etc.) is a dietician and  
nutritionist who eschews the Atkins diet's controversial no-  
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In The Good Carb Cookbook, Sandra Woodruff demystifies the  
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Nationally recognized nutritionist Sandra Woodruff The healthy eating plan in Secrets of Good-Carb/Low-Carb Living and good carbs to not

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Sandra Woodruff, M.S., R.D., is the author of nine books, Secrets of Good-Carb/Low-Carb Living. Sandra Woodruff. The Good Carb Cookbook. Sandra Woodruff. See More.

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