

Low Carb Diet Box Set 3 in 1: Lose Weight Fast with 66 Low Carb Recipes: (Low Carbohydrate, High Protein, Low Carbohydrate Foods, Low Carb, Low Carb Cookbook, Low Carb Recipes)



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Reviews

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Low Carb Diet Box Set 3 IN 1: Lose Weight Fast With 66 Low Carb Recipes
BOOK #1: Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles Whether you re trying to lose weight, manage an illness, or simply trying to set out on a healthier life path, a low carb diet may be just right for you. In this guide, you will learn the benefits of low carb foods, as well as the appropriate items to consume when on the low carb diet. In this book you will also learn 21 satisfying, healthy, creative, and scrumptious low carb casserole recipes. BOOK #2: Low Carb Diet: 15 Healthy and Delicious Low Carb Salads to Lose Weight Fast Low carb diets, like South beach and Atkins, have been all the rage in recent years-so what s all the fuss? Why does a low carb diet work, with proven results? With Low Carb Diet: 20 Healthy and Delicious Low Carb Salads to Lose Weight you will learn the science behind low carb diets, the health benefits of low carb, the appropriate foods to eat on a low carb diet, and 20 recipes to start you out on a low carb lifestyle. BOOK #3: Low Carb Snacks: Top 30 Amazingly Delicious Healthy Low Carb Snack Recipes For Weight Loss When following a low carb eating plan, snacking can be one of the hardest things to get right. We all have times when we need to grab something to eat for energy or a reward, and the temptation to think this doesn t count or what choice do I have? when reaching for a candy bar or packet of crisps can be...



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