



Low Carb Snacks: Healthy and Delicious Low Carb Snack Recipes for Extreme Weight Loss

By Linda Stevens

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.ENJOY EASY AND DELICIOUS LOW CARB SNACK RECIPES FOR EXTREME WEIGHT LOSS STARTING TODAY! Cookies, granola bars, chips, ice cream, bagels and donuts are some of America s favourite snack foods but they are also loaded with sugar, fat and contain very little nutritional value. If you are trying to adhere to the low carb diet, finding healthy, wholesome snacks may pose a bit of a problem for you. The low carb snack recipes outlined in this cookbook all contain ingredients that have a low glycemic index so they won t spike your blood sugar levels; they also contain protein and some type of healthy fat. Included is a large recipe section of excellent low carb, high protein snacks that can be put together quickly and easily. There are snacks for every time of the day from breakfast on the go to midnight munchies, plus recipes that are specifically designed for vegetarians and vegans, as well as those following gluten and dairy free diets. The recipes are also based on whole foods, with no sugar or processed foods...



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