

The 30-Day Low-Carb Diet Solution

THE 30-DAY
LOW-CARB
DIET SOLUTION

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Summary : Free the 30-day low-carb diet solution pdf download - from the authors of the phenomenal bestseller protein power comes a quick easy-to-follow low-carb diet plan designed to get you on the fastest possible track to losing weight feeling fantastic and improving your health if you've heard all the recent publicity about how low-carb eating can turn your health around - by keeping your insulin levels down and getting your excess weight off - but don't want to wade through hundreds of pages of explanation or complicated formulas before you get started the 30-day low-carb diet solution is for you unlike any other low-carb diet book in the market this book gives you low-carb 101 the basics of low-carb eating without all the fuss in this much-needed book two of the most trusted names in low-carb dieting who have helped millions of readers lose weight provide the simplest possible diet designed for the best possible results Drs Michael and Mary Dan Eades give you the step-by-step basics-what to eat what to avoid-and even provide specific low-carb meal plans to guide you at breakfast lunch dinner and snacks for a full month for those who would rather design their own meals they include expert advice for easily creating a customized plan based on your current weight health status and goals they show you the exact portions of carbohydrate-rich foods you can enjoy now to reach those goals and how to increase those amounts to maintain your health and weight for the long haul simply by knowing your height weight and gender you can quickly determine how much protein to eat for optimal health-no complicated measurements charts or formulas to follow the Drs Eades include everything you need to get started now self-assessment quizzes to help you effortlessly tailor your program to fit your needs fill-in worksheets for planning meals and tracking your progress and other important nutritional information for easy reference by following the simple but highly effective and powerful diet in the 30-day low-carb diet solution complete with 30 days of meal plans and more than 100 delicious and easy recipes you'll be on your way to a thinner and healthier you in just a month author bio Michael R Eades M D and Mary Dan Eades M D are the authors of the New York Times bestselling Protein Power which has sold more than three million copies they are also the coauthors of the Low-Carb Comfort Food Cookbook Wiley and authors of the Protein Power Lifeplan the Eades have done many appearances on national

television shows as well as several highly successful infomercials that have helped millions of people lose weight and get healthy end

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