



Low Carb Living Egg Cookbook: 50 Quick and Easy Low Carb Egg Recipes for Extreme Weight Loss

By Linda Stevens

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.ENJOY EASY AND DELICIOUS LOW CARB EGG RECIPES FOR EXTREME WEIGHT LOSS STARTING TODAY! The road to a healthy lifestyle truly begins by starting a low carb diet! There are many benefits to a low carb diet including: weight loss - even when not consciously restricting calories, reduced blood glucose for diabetics and pre-diabetics, increased HDL (good cholesterol), and decreased blood pressure. Some other great advantages of a low carb diet as reported in many research studies include increased energy, reduced sugar cravings, improved triglycerides and lower blood insulin level. If you have chosen to eat a reduced carb diet, you may be looking for delicious recipes that add variety to your menu. This cookbook will provide you with some of the very best mouth-watering EGG recipes for breakfast, lunch, dinner, dessert and snacks. Egg Stuffed Breakfast Peppers, BLT Chicken Salad, Kale and Mozzarella Egg Bake and Crustless Tomato Quiche are just some of the tasty recipes that you will find in this cookbook. All of the recipes in this book contain nutrition facts and have a...



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