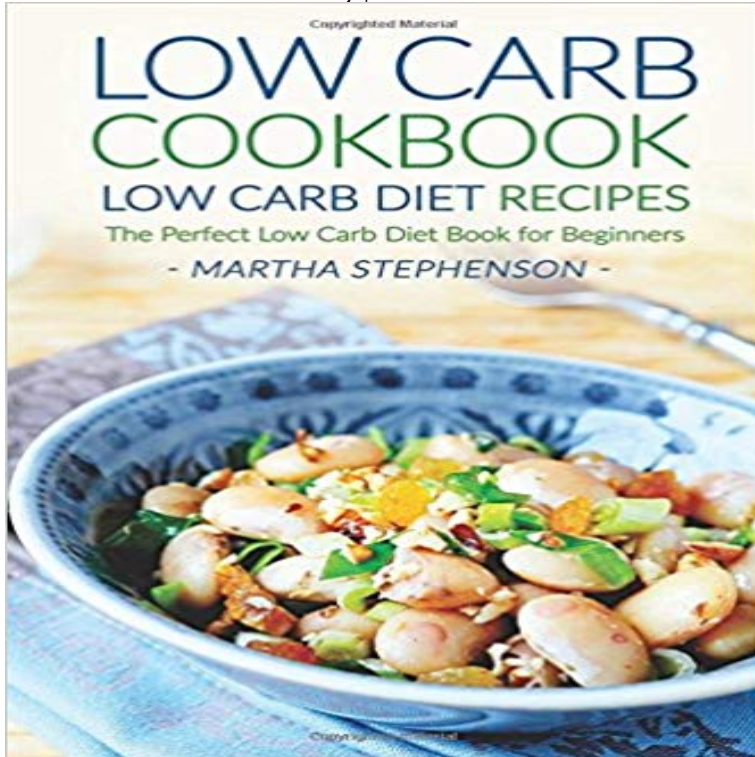


Low Carb Cookbook, Low Carb Diet Recipes: The Perfect Low Carb Diet Book for Beginners



Many individuals these days could greatly benefit from preparing Low carb diet recipes. This book has collected 30 delicious and easy to make recipes so you can enjoy both the flavor and healthy advantages of each one. Losing weight is certainly one of the most popular side-effects of choosing this type of diet, but there are many other very important medical benefits to consider: decreasing your bad cholesterol (LDL) and increasing the good (HDL), reducing blood sugar levels (diabetes type 2), helping treat some brain disorders and/or helping your high blood pressure. Not to mention that you will feel much better overall, less bloated, more energized and less moody. A low carb Cookbook does not necessarily mean any carbs will be used, but they will be used in very limited quantities. The carbohydrates contributing to insulin resistance should be the ones you avoid completely. Included in this category are white rice, white bread, pasta, donuts, cookies, sodas, candies, any processed foods, junk foods, fried foods, trail mix, energy bars or any other high sugary foods. Artificial sweeteners are also to be eliminated from your diet (Aspartame, Saccharin, and Sucralose). A better alternative would be to use Stevia. So, instead you should favor some green vegetables, berries, nuts, beans, fish, lean meats, low fat dairy products, healthy oils (oil, coconut oil), and certain grains (quinoa, oats, barley). Our goal will be to present you with a variety of recipes you can use for breakfast, lunch, snacks, dinner, and even desserts which you will find very tasty and satisfying. Discovering a Low carb diet recipes book like ours is beginning a wonderful new nutritional adventure. There is no reason why, if you want to lower your caloric intake and your carbs consumption, that you should not be able to do so by cooking some exclusive mouthwatering recipes. So, dont wait any

longer and start browsing through this Low carb cookbook, to eat better and feel better in no time!

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