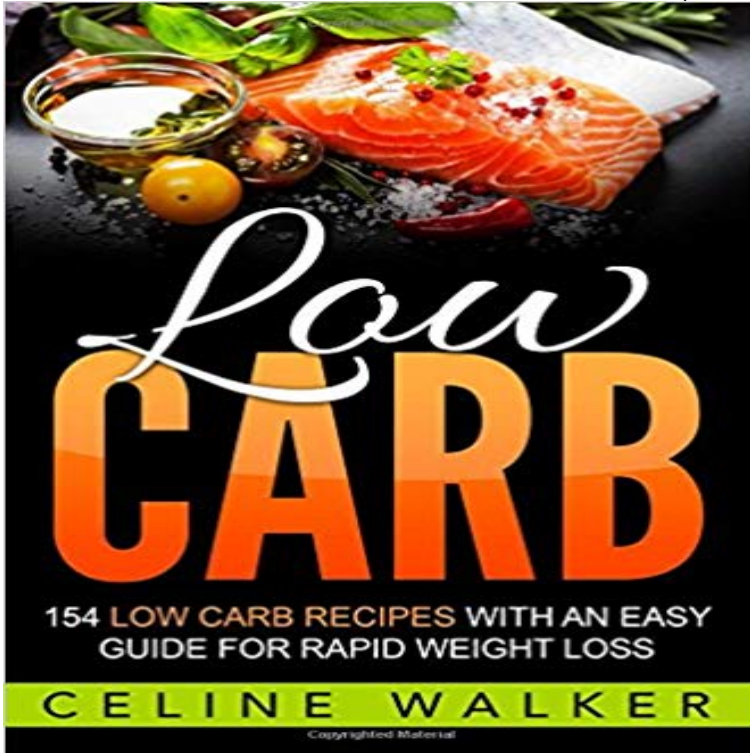


Low Carb: 154 Delicious and Tasty Recipes: 2 in 1 Bundle



2 Books In 1: Low Carb: 77 Delicious Low Carb Recipes with an Easy Guide for Rapid Weight Loss
Low Carb: 77 Tasty Low Carb Recipes with an Easy Guide for Rapid Weight Loss
Book 1: Low Carb: 77 Delicious Low Carb Recipes with an Easy Guide for Rapid Weight Loss
77 of the Best Low-carbohydrate Recipes
This book contains 77 of the best low-carbohydrate recipes ranging from breakfast, snacks, salads, soups, main dishes, desserts and drinks. These recipes are made from whole, organic ingredients that promote faster weight loss and healthy eating. The statistics among people in today's society who are suffering from weight-related diseases such as diabetes, obesity, hormonal imbalance and heart ailments is alarmingly increasing. This is mostly due to poor food choices and lack of knowledge about the harmful effects of carbohydrates. This book will inform us about the basics of carbohydrates, including information on how excessive carb intake negatively impacts one's health and why transitioning to a low-carb lifestyle is the key to achieving our weight loss goals. Moreover, the tips and recipes in this book will come in handy for those who are interested in adopting a healthier lifestyle as this will serve as a guide to effective low-carb meal planning. Within this book's pages, you'll find the answers to these questions and more. Just some of the questions and topics covered include
Carbohydrates: Are they Good or Bad for You?
Top 5 Low-Carb Diet Tips for Faster Weight Loss
Low-Carb Breakfast Recipes
Low-Carb Snack Recipes
Low-Carb Soup Recipes
Low-Carb Salad Recipes
Low-Carb Main Dish Recipes
Low-Carb Dessert Recipes
Low-Carb Smoothies and Drink Recipes
Book 2: Low Carb: 77 Tasty Low Carb Recipes with an Easy Guide for Rapid Weight Loss
77 of the Best Low-carbohydrate Recipes
Discover a

Diet That can Really Help You Lose Weight without Having To Alienate Yourself from others Because of Your Special Diet This book contains 77 guilt-free but surprisingly indulgent weight loss recipes to get you through breakfast, lunch, dinner, and all those moments in between. The Low Carb Diet has already proven itself to be more effective than most low carb diets marketed to hopeful weightwatchers. Through this book, you will learn all that you need to know about this diet, why and how it works, and more importantly, how to go about the transition.

Ever wondered why most seemingly perfect weight loss diets tend to fail? The culprit is your cravings. That said, cravings aren't as bad as they seem. It's simply your body telling you what it needs and what is lacking in your diet. The problem is when you end up misinterpreting what your body is trying to convey to you. So you end up reaching for any high-carb, high-sugar snack within reach. The low carb diet provides the solution to this endless crave-deprive-binge-guilt cycle by providing you with meals that are substantial and made up of healthy ingredients. In this book you'll find the answers to these questions and more. Just some of the questions and topics covered: The Low Carb Diet and Guidelines to Rapid Weight Loss What is the Low Carb Diet? Why should you consider switching to this diet? What's the best way to approach this diet? What foods are you allowed to eat? Which food items should you avoid? What if you feel like eating out? 77 Tasty Low Carb Diet Recipes And much more! Don't hesitate to pick up your copy today by clicking the Add to Cart button at the top of this page!

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