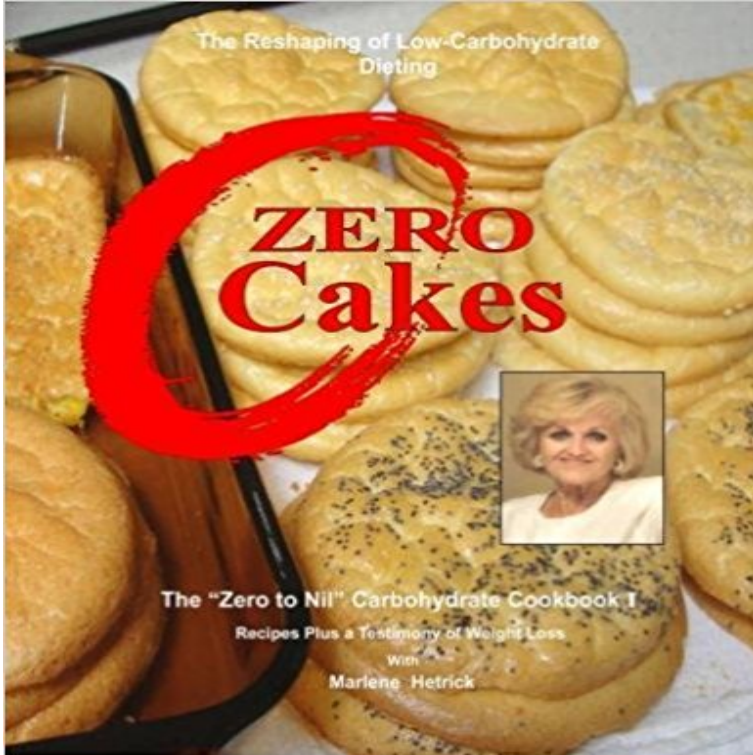


# Zero Cakes: The No Carbohydrate Cookbook (The Zero to Nil Carbohydrate Cookbooks) (Volume 1)



The American Medical Association Journal published a study based on statistics showing the popularity of low carbohydrate diets rated number one for dieting choices. Professional studies prove low carbohydrate diets have greater weight loss than low calorie restricted diets over the same period of time. Research for this publication revealed that the biggest complaint from the low carbohydrate dieter is the lack of good accessible bread. Based on this information Zero Cakes were developed. The weight struggle has been with me all of my life. It has been sad, pitiful, heartbreaking, embarrassing and degrading. I am not a professional telling you how to lose weight, I am the friend next door struggling with the masses. Unlike most experts, I have lost ninety five pounds from my maximum weight. With little Zero Cake sandwiches I have kept it off over two years now. You are welcome to join me.

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