



Low Carb Diet: 50 the Best Low Carb Recipes to Kick Off Weight Loss and Maintain Long Term Weight Loss-Low Carb Cookbook (Paperback)

By Rebecca Herbertson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 50 The Best Low Carb Recipes To Kick Off Weight Loss And Maintain Long Term Weight Loss Are you counting carbs? We have delicious low-carb recipes for you! Whether you re looking for low-carb dinners, desserts, or snacks, we have something here that will meet your meal plan and satisfy your taste buds A low carb diet is a fast and effective way of losing excess pounds and body fat. By limiting one s intake of high-carb and oftentimes considered as unhealthy foods such as grains, pasta, starchy vegetables, processed meat and sweets, the body utilizes stored body fat for fuel instead of using simple carbohydrates and sugars Decreasing the supply of carbs within the body will ultimately result to fat loss, regulated health numbers and a healthy body mass index. Trying out the waistline-friendly recipes in this book will show us that it is possible to satisfy one s taste buds while following a healthy, low-carb lifestyle. You and your family will be enjoying delectable low-carb recipes ranging from soups, salads, main dishes, desserts, snacks and breakfasts. These...



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