



Low Carb Diet: 23 Healthy Low Carb Recipes (Paperback)

By Ashley Peters

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Low Carb Diet 23 Healthy Low Carb Recipes Low carbohydrate diets are growing in popularity, as adherents say that the regime allows you to lose weight without feeling hungry or deprived. In fact, a low carb diet encourages foods that were previously seen as forbidden, such as full fat cheese, bacon and nuts, and instead concentrates on reducing the consumption of sugars. This book presents a straightforward introduction to seven days of living low-carb, for breakfast, lunch and dinner - even snacks! Recipes include: Fresh Summer Rolls Gluten-free breakfast pancakes Moroccan style meatballs Chocolate-topped almond coconut squares Use this plan to kick start the first week of your weight loss regime. We promise you won't feel hungry or deprived and you could start to see dramatic results in as little as seven days!.

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