



Low Carb Recipes: 100 Low Carb Desserts for Successful Weight Loss in 2 Weeks (Paperback)

By Mathias Müller

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Those looking to lose weight often think you need to give up dessert or sweets at special events. But this is where one of the biggest advantages of the low carb diet comes into play. Instead of strictly counting calories it's only important to keep the number of carbs listed in the nutrition facts to a minimum. Low carb desserts with less than 10 g of carbs per serving complete a meal without jeopardizing weight loss success. These recipes with virtually no carbs have the added benefit of specifically tricking the brain while losing weight. While dieting will often leave you craving sweet foods, you can easily avoid this with these 100 low carb desserts. The body receives all the nutrients it needs and stops craving foods. To make sure there's plenty of variety when making these recipes, the 100 low carb desserts are split into 10 categories. These include: Muffins Cupcakes Cupcakes and muffins are commonly associated using large amounts of sugar. But all you need is the sweet taste, not the carbs from the sugar....

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