



Low Carb Dieting 101

By Sandy McLain

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 46 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. This book contains proven steps and strategies on how to start a low-carb diet. Low-carb foods are equally popular for health-conscious and steady weight-loss reasons. Starting a low-carb diet is one of the easiest ways to shred excess body fat and transform your body permanently. Low-carb meals will help you to manage your weight, lower your craving for carb and sugar rich junk foods, and fight mental and physical diseases including depression, high cholesterol and diabetes. These days low carb diets popularity is on the rise and a massive number of dieters are following some sort of low carb diet. The recipes of this book will keep you interested in the diet and show you that low-carb meals can be delicious, filling and healthy. The book contains mouth-watering low-carb breakfasts, side dishes, main meals and even desserts. Based on latest scientific research on low-carb, recipes of these books are successfully tried and tested by passionate low-card dieters and help you lose weight naturally and make you feel healthier than ever. This item ships from La Vergne, TN. Paperback.



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