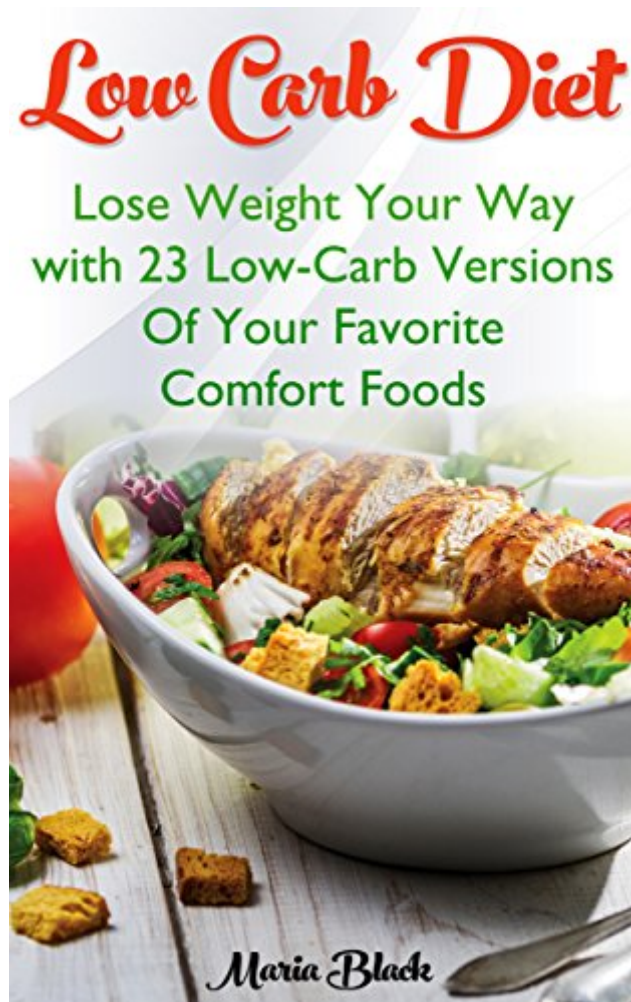


The book was found

Low Carb Diet: Lose Weight Your Way With 23 Low-Carb Versions Of Your Favorite Comfort Foods: (low Carbohydrate, High Protein, Low Carbohydrate Foods, ... Ketogenic Diet To Overcome Belly Fat)





Synopsis

Getting Your FREE BonusDownload this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion.Low Carb Diet (FREE Bonus Included)Lose Weight Your Way with 23 Low-Carb Versions Of Your Favorite Comfort FoodsIf you want to get rid of stubborn body fat, then follow a low carb diet. The Low Carb Diet: Lose Weight Your Way with 23 Low-Carb Versions of Your Favorite Comfort Foods is designed for your help. It enables you to learn 23 delicious gluten free recipes. There are numerous benefits of a low-carb diet, and after reading this book, you will be able to know the importance and effects of low carb diet. This book covers numerous areas of low carb diet, such as: Overview and Benefits of low carb diet Low carb comfort food for breakfast Low carb dishes for lunch Low carb dishes for dinner Low carb snacks and desserts If you want to prepare low-carb food items, then follow the recipes given in this book. Nutritional information is also given in the book for your help. You will know about calories, fiber content, fat, carbohydrates and sugar available in every food item. If you want to know low-carb versions of your favorite foods, then download this book because it is perfect for you. Read this book and change your lifestyle by removing unnecessary carbohydrates from your diet. It will help you to prepare your lunch, dinner and breakfast meals without carbohydrates. Download your E book "Low Carb Diet: Lose Weight Your Way with 23 Low-Carb Versions Of Your Favorite Comfort Foods" by scrolling up and clicking "Buy Now with 1-Click" button!Tags: low carb diet books, low carb, low carb cookbook, low carb diet for beginners, low carb recipes, low carbohydrate foods, low carb slow cooker chicken recipes, low carbohydrate, low carbohydrate living, low carbohydrate diet, lchf diet, lchf cookbook, lchf recipes, low carb high fat, low carb high fat cookbook, low carb diet manual, low carb high fat diet, low carb diet for dummies, low carbohydrate cookbooks, low carb quick and easy

Book Information

File Size: 2044 KB

Print Length: 32 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 10, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B0158JGNBM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #594,779 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #23

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Customer Reviews

If you want to know low-carb versions of your favorite food the first thing to do is read this book and will change your lifestyle by removing unnecessary carbohydrates from your diet. But some of this, cannot eat yet.

Recipes were so good. I tried this pesto zucchini delicious noodles and it was just right. I wish to see pictures of these low carb recipes but still it was alright even though it has no pictures.

Skimpy paperback. Not worth the money.

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