



Low Carb Diet BOX SET 2 IN 1: 43 Amazing Recipes. How To Lose Weight In A Week Without Starving: (low carbohydrate, high protein, low carbohydrate foods, ... diet for dummies, low carb high fat diet)

Imogen McCarthy, Imogen Snell

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Low Carb Diet BOX SET 2 IN 1: 43 Amazing Recipes. How To Lose Weight In A Week Without Starving (FREE Bonus Included)

BOOK #1: Low Carb Diet For Beginners: 20 Amazing Recipes. How To Lose Weight Fast Without Starving

Low carb diets have soared in popularity in recent years, because of their capacity to promote speedy weight loss without making the dieter feel deprived or starved. Indeed, some of the rules of low carb dieting seem to turn conventional weight-loss dogma on its head — instead of promoting low-fat, tasteless food, the dieter is encouraged to eat meat, fat and even cheese.

In this book we will explain the principles of following a low-carb lifestyle and supply healthy, tasty recipes, including:

- Spaghetti Squash Risotto
- Easy chocolate mousse
- Breakfast waffles (made with cauliflower)
- And more...

BOOK #2: Low Carb Menu: How To Lose Weight In A Week Without Diet And Exercise! 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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Mildred Hall:

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Lois Huseby:

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Mary Cox:

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