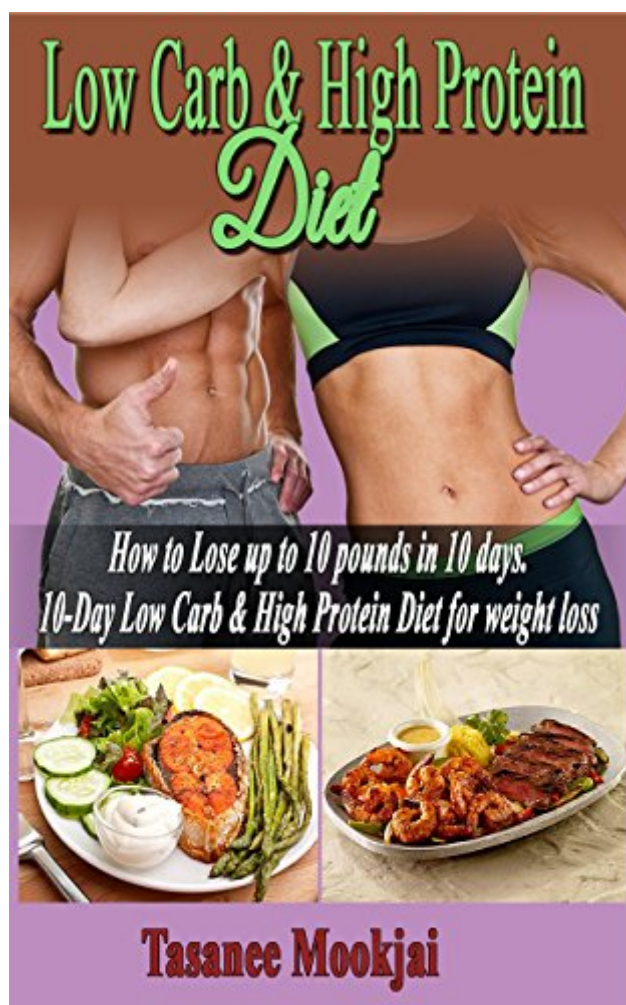


The book was found

Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds In 10 Days: (low Carbohydrate, High Protein, Low Carbohydrate Foods, Low Carb, Low Carb Cookbook, ... Diet For Dummies, Low Carb High Fat Diet,)





Synopsis

The purpose of this diet is to maximize your weight-loss potential over a 10-day period. It is designed to reduce body-fat content in both the short and the long-term, should you decide to stay with the diet. Your body, whether you know it or not, runs on three major sources of food.

Carbohydrates, protein, and fats. It just so happens that for most purposes, we in modern society intake way too many carbohydrates, and way too few proteins. There of course are different types of each of these genres of foods, but in general, we're going to explore the possibilities of cutting carbohydrates out of your diet and focusing almost exclusively on fats and proteins. And we're also going to explain why this is an effective way to not only lose weight but build lean muscle, as well as the techniques associated with physique-building and some exercise routines.

What is fat anyway? High Protein Low Carb. What's this going to do to my body? Through the ages " Why does this work? But I heard low fat diets are the way to go. Myths High Fat, Low Carbohydrate Slow Cooker Chicken Recipes. High Fat, Low Carbohydrate Turkey Recipes. High Fat, Low Carbohydrate Beef Recipes. High Fat, Low Carbohydrate Beef Recipes. High Fat, Low Carbohydrate Pork Recipes

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Book Information

File Size: 977 KB

Print Length: 56 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 28, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00U4YBDV2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #410,185 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #131

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Customer Reviews

Some recipes call for flour..an absolute no-no. Another recipe included pinto beans....ditto! Recipes also call for canned creamed soups. This might work for some, but the carb addiction has to be broken if you need to lose serious weight, which means none of the above ingredients. We won't even delve into the use the fake and chemical ingredients in prepared canned soups. Other than cooking meat, the elements in the low carb diet need to be as fresh and natural as they occur in nature. Just my 2 cents worth. 68 pounds down, 25 to go, low carb all the way.

Irene White make this book as a very handy and complete guide for beginners in dieting like me. I am very much satisfiied with what I have leared from this book.This is very detailed and well-written that makes you understand everything you read.

A great guide for someone who is trying to lose weight. There are some very interesting suggestions in here and I like the section on describing exactly what fat is. Nicely written.

Nope

A good start for low carb diet

Not what I was hoping for.

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