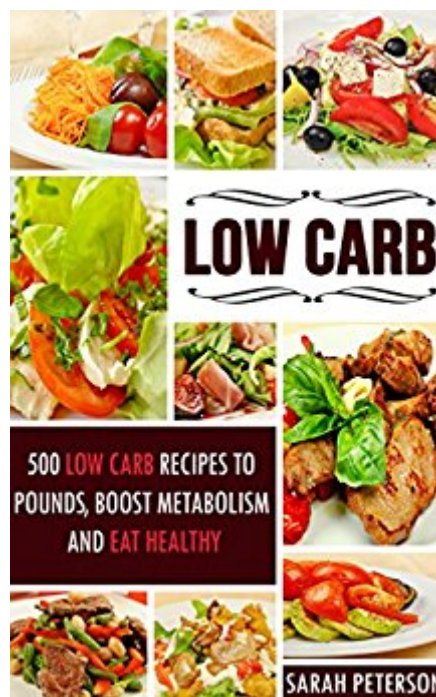


The book was found

Low Carb: 500 Low Carb Recipes To Lose Pounds, Boost Metabolism And Eat Healthy (Low Carbohydrate, Low Carb Cookbook, Keto, Paleo, High Protein)



Synopsis

Savor 500 Low Carb-Packed Diet Recipes to a Healthy Body!***Read this book for FREE on Kindle Unlimited - Download Now!***Whether you are taking the first steps of your New Year's resolution or simply looking to modify your food intake and get healthy, a Low Carb Diet is certainly a great choice for you no matter what time of the year. Throughout this book, you will be introduced to some of the most mouth-watering recipes that are easy to prepare, and before you know it, the Low Carb Diet will cease to be a diet; it will become a way of life. Check out the amazing recipes below!â € Low Carb Vegetable Quicheâ € Low Carb Mediterranean Greek Saladâ € Low Carb Cheesy Broccoli Chickenâ € Low Carb Veggie Stir-Fry â € Low Carb Seared Scallopsâ € Low Carb Cauliflower Casseroleâ € Low Carb Chocolate Avocado Mousse Surpriseâ € MUCH MUCH MORE! Live well and live longer with Low Carb: 500 Low Carb Recipes to Lose Pounds, Boost Metabolism and Eat Healthy Download Now for Instant Reading by Scrolling Up and Clicking the Buy Button

Book Information

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High Protein

Customer Reviews

Carbs contribute one of the highest factors to gaining weight. This book definitely has great recipes

and tips to weight loss. By following this book I've lost a few pounds since I first purchased it. I highly recommend this to anyone who wants to eat healthy and lose weight.

Great book! I love the first section that explains the purpose and popularity of the low-carb diet before I really get into it. It helped me try out all the recipes and find the winners among them! I really like the Frittata Primavera!

Been with low carb diet for a while or a newbie or someone just looking for something to try out; I highly recommend this book because of the amazing recipes inside! They are must tries! Eat healthy and lose weight. Best combination.

This book had a huge selection of recipes for low carbers like myself. Being on a low carb diet can get a bit mundane but with these recipes you will have lots of options. If you are looking for something new to spice up your diet this is the book for you.

This is a hot mess. A number of recipes list ingredients & then have instructions for a completely different recipe. No nutritional info. One recipe uses 24 oz hash browns & is 4 servings. This is low carb? Recipes for boiling an egg and poaching an egg. Seriously? I deleted it after purchasing. But if you enjoy puzzles, maybe you'll like trying to match up the ingredients from one recipe with the correct instructions from another.

The reason why I love cooking because I love to eat healthy and delicious food. Easy to prepare and not so much time consuming. This book is really the best ever! It has a lot of ideas to be learned and I'm totally amazed. The word mouth-watering best describes this book. Highly recommended!

Lots of recipes but not tempted to try any as no nutritional information whatsoever and no table of contents either.

Very easy and fun to make also feels like you're not in a low carb diet at all!! Just made one of the recipes do dinner and my husband loved it! Definitely would recommend to anyone who wants to change their life style.

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