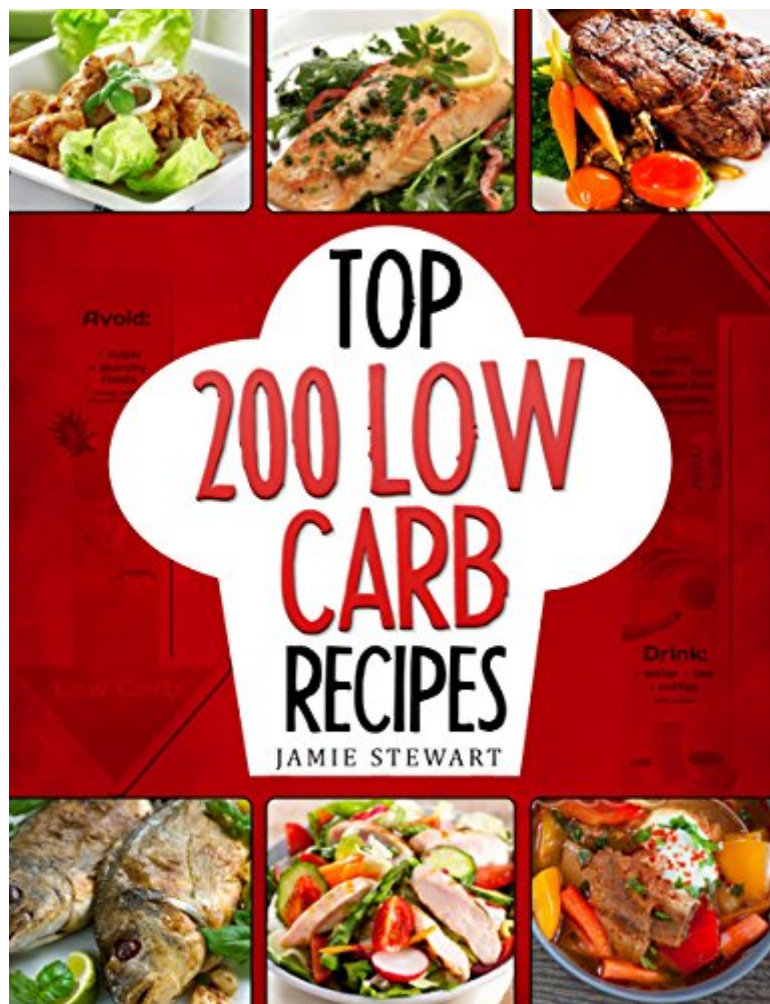


The book was found

Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living)





Synopsis

The Most Delicious Low Carb Recipes! Great Variety of Recipes Suitable For Everyone. Simple and Easy! Free PDF file with photos available at the end of the book

Why a Low Carb Diet? The low carb diet involves eating various unprocessed foods with a low carbohydrate content. In other words, this is a special dietary program that restrict carbohydrate consumption. Low-carb diet is easy to use once you learn its basics. Maybe you are sick and tired of dieting and you do not see the results that you would like to have. You've heard of a low-carb diet and you cannot help be intrigued. Do you want to give it a try! Good. After all, you have nothing to lose. To achieve your goal, you need a good cookbook, a little bit of knowledge and a lot of goodwill. Anyway, you need to know â “ Nothing will change until you do!

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Customer Reviews

I live a low-carb lifestyle due to its health benefits but often I feel restricted by my lack of creative ability to make great meals. Sometimes my family gets bored with what I make so I endeavored to find a good recipe book that could accommodate us. I purchased this book recently and after making just a few of the recipes it contains, my family is again excited about what breakfast, lunch,

and dinner are going to entail. I enjoyed the intro material on the benefits of low-carb, furthering my understanding of why it's the right choice for my family. Also, due to the myriad recipes, we are now never at a loss as to what we could eat. From creamy zucchini casserole and stuffed peppers with spinach and eggs all the way to butternut hazel cookies and delicious omelets, I've been more than impressed with the array of delicious recipes we've tried. Given that this recipe book has over 200 different delicious meals, I'm sure we will be using this recipe book for a long time to come.

As someone who practices macro cycling, this recipe book has been extremely helpful. Along with the "Top 200 Green Smoothie Recipes", it has been really easy to plan my meals days in advance. The best part about it is most of the recipes aren't that hard to make with easily available ingredients. Sure you could find some of these recipes on the internet, but to find a large volume all in one place is what gives this recipe book the upper hand.

I was really surprised when I started looking through the book--no nutritional info!!!! Why not? Most people, myself included want to know the nutritional information if they are trying to eat low-carb. The recipes look good, but I'm not even sure I want to try any of them. I am disappointed in this book.

I was excited to see that Stewart had come out with a new recipe book and am really glad for the recipes found inside. Now, I've never been one to follow any kind of diet really, mostly because I have never needed to, so I was skeptical about the recipes I'd find here. Going through them though has opened my eyes to the possibility of good tasting, low-carb meals as needed though to balance out everything else my family eats. My only disappointment has to be with the introduction, as it could use some editing to be truly polished. Still, the point of the book, giving easy to follow recipes, was met.

This book is wonderful if you want to incorporate low carb eating into your regular routine. Carbohydrates are a unit of energy which gets stored as fat if not burned during activity. If you are trying Atkins or another low carb diet this book can help bring some flavor and break up the monotony of having a boiled egg for breakfast every morning. If you are trying to live with or prevent diabetes this book has some yummy and easy recipes for every occasion. Start living and feeling better with these tasty 200 low carb recipes.

I am extremely impressed by the wide variety of different kinds of recipes that can be found in Low Carb Diet. I was expecting most of the ingredients to be all quite similar (and maybe bland), but I was pleasantly surprised to find that is not the case at all. Very happy, not what I was anticipating at all (in a good way)

This is the most useful diet book we've ever downloaded. It's not a beat it over your head, "you'll drop 50 pounds" book, it's just filled with recipes for good food that is healthy. We've been trying all the soups this week and can't get enough of the bacon veggie. The build of this ebook is excellent, easy links throughout and the directions are put down simply so you don't have to be a cordon bleu graduate to have great healthy meals. Definitely recommend this for anyone else trying to watch what they eat and still enjoy their food.

OK, knowing a bit about low carb eating as I have been a diabetic for many years, I can tell many of these recipes are low carb, but how much? We just do not know unless we calculate this ourselves. I expect a cookbook to do that for me. Low carb eaters, for whatever reason you need to know the carb count. Of course what makes a cookbook great is good recipes, good ingredients, and nutritional value listed. In today's world authors should know this.

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