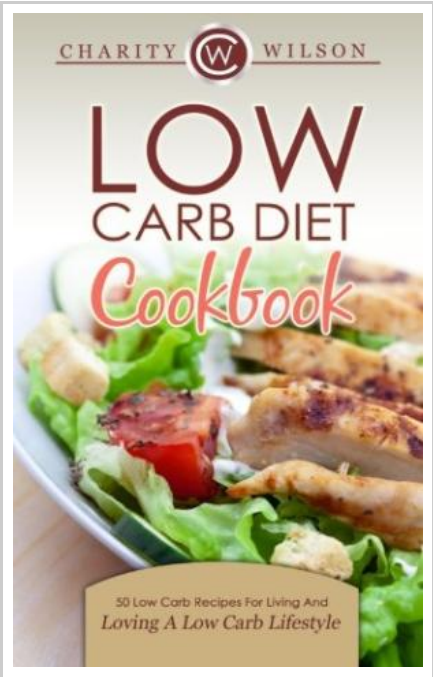


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Low Carb Diet Cookbook: 50 Low Carb Recipes for Living and Loving a Low Carb Lifestyle (Paperback)

By Charity Wilson

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Full carb counts with serving sizes. Living The Low Carb LifestyleIf you have been following a low carb diet for any length of time, you know how difficult it was in the beginning to eat the right foods. It feels like every food you reach for is loaded with carbs these days. Low carb dieters need to be creative in preparing meals so they can have flavor and stick with a low carb lifestyle.The secret to success with a low carb diet is enjoying the food you eat and having enough recipes to prevent boredom. Boredom equals bad eating habits and weight gain.What Is A Low Carb Diet Anyway?We shouldn t get ahead of ourselves and assume you already follow a low carb diet. If you are new to all this low carb diet talk here is a quick breakdown: Typically a diet that has you eating 50 - 130 grams of carbs a day but can fluctuate heavily depending on how you respond to carbs You focus on eating natural, unprocessed foods thus minimizing your consumption...

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