



Low Carb Recipes: 50 Low Carb Dinners for Permanent Weight Loss Success (Volume 3)

By Mathias Muller

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 72 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Free BONUS - TODAY only! Look inside! For years, many people have considered cutting carbs to be the surefire way to feel good about stepping on a scale. With the popular low carb diet, more and more recipes are being created to cut back carbs without sacrificing taste. This cookbook is a guide with sound support on the philosophy behind a low carb diet without any prior knowledge. This philosophy will be a delight for your stomach with every new recipe you try, making it a good deed for a slender figure and speeding up your metabolism. To ensure the necessary variety the 50 recipes cover 5 categories from a small to a big appetite. These categories are Vegetarian Recipes Vegetarian and vegan recipes often go hand in hand with the principles of a low carb diet. The variety offered here is even tempting for meat lovers. Soups and Salads Whether as an appetizer or for small appetites. Soups and salads virtually naturally eliminate carbs, making it easy to prepare a quick meal at night. Meat Entres The high protein...



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