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Low Carb Diet Cookbook: Vol.2 Lunch Recipes (Paperback)

By Charity Wilson

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you struggling to stick with your low carb diet? Do you feel lost when trying to plan your diet? Low Carb Recipes That Kill Boredom Most diets fail because you try to eat the same thing day in and day out. You literally burn out on food and then the junk starts looking really good. I know you have goals of weight loss or just being healthy and I want you to achieve them. The way to do it is to have a lot of variety in your diet. This is just one low carb cookbook in a five book series that will give you enough different and delicious recipes to avoid food boredom. These recipes will protect you from going back to your unhealthy ways. Benefits Of A Low Carb Lifestyle Maybe you are new to a low carb lifestyle and just starting to explore this type of diet. If that is the case then here is a quick breakdown of just some of the benefits: Helps reduce appetite Promotes healthy weight loss Reduces visceral fat (the fat found in the abdominals) Triglyceride levels...



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