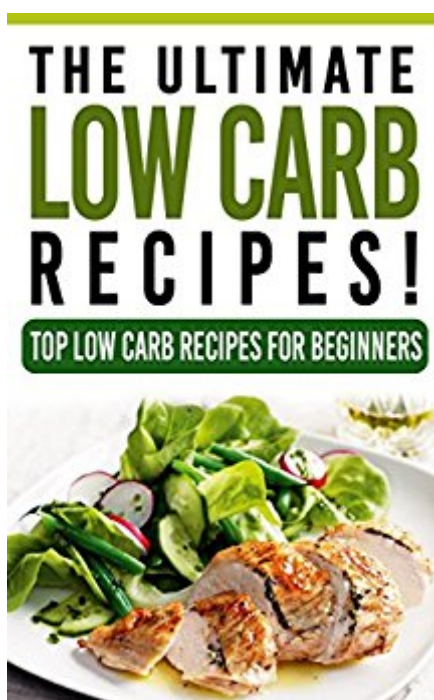


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LOW CARB: The Ultimate LOW CARB Recipes!: Top Low Carb Recipes For Beginners



Synopsis

Start Losing Weight Today! "The Ultimate LOW CARB Recipes!" contains various recipes that are guaranteed low in carbohydrate content so you do not have to worry about your blood sugar levels shooting up. Low-carb diet is perfect for those who are also trying to lose weight and lead a healthier lifestyle! A low-carb diet is a type of diet where, as implied in the name, carbohydrate intake is significantly limited. Food intake in a low-carb diet consists of those that have high protein and fat content. Aside from weight loss, a low carb diet has a number of health benefits such as lowering the risk factors of diabetes and hypertension. Generally, low-carb diet focuses on high intake of proteins such as meat, eggs, poultry, fish, and vegetables that are low in starch. Foods such as breads, pastas, legumes, sweets, starchy vegetables, and grains together with some seeds and nuts must be avoided if you want to stick to a low-carb diet. This type of diet can jumpstart your way to a new and healthier you. It doesn't matter if you are new to this kind of diet – this book will get you ready for going low-carb! Here Is A Preview Of What You'll Learn... Getting Started with Low Carb Diet Low Carb Breakfast Recipes Low Carb Main Dishes Low Carb Desserts Quick Snack Ideas and Low Carb Snacks & Beverages Tips in Maintaining a Low Carb Diet Much, much more! Download your copy today!

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Customer Reviews

Lets be honest, the low carb diet is the most effective and speediest way to lose weight. Most people on this planet just weren't wired to eat high carb, no matter what we are told by the nutrition elite. This is a solid cookbook with some great recipes. I am partial to the pumpkin based recipe. If you are looking to lose weight quickly while not starving yourself, then do yourself a favor and buy this book!

I love this book for several reasons. The first and most importantly is that has recipes for a diet that works and can't be denied. The second reason is that the recipes are extremely tasty and delicious. The third reason is that each recipe includes all of the information about the recipe in terms of nutrition. That is important since carbs aren't the only thing I think about when following a recipe. Finally, I am not great at making food and the recipes in this book are easy to follow!

My family wants to maintain our ideal body weight but is too busy and lazy to work out. So, as the one preparing our meal, I usually run out of meal ideas that are healthy and with less carbohydrates but without skimping on the good food. I am happy I got this book because it gave me new ideas on low carb food that I can prepare for my family. They are very simple, easy to prepare and just requires a few ingredients that are easily bought. This book also has breakfast and snacks recipes â€” the meals I usually can't think of anything to prepare. I'm excited to try them all.

I'm on diet and I want to cook myself with some LOW CARB recipes. And this book comes the right time. Now I know how to diet and cook with low carb myself. Low carb diet consists of material that high protein. I'm sure that I can be diet and healthy at the same time with these recipes.

A low-carb diet is where a person need to cut it's carb intake for some reasons. Some are expecting losing weight, others are aiming to lower the risk factors or certain diseases that are closely related to higher intake of carbohydrates. The recipes are helpful, tasty and healthy and it seems that you will never get hungry. Also, the book gives us a refreshment of a simple sports drinks.

I read this book and I was fascinated because I found over 50 good healthy recipes to prepare. Besides each recipe has the Nutrition Facts Table, so I know the calories I need to keep me in good shape. The last chapter is the best to complete my healthy life-style. You won't regret.

I've lost weight very successfully in the past on low-carb and always felt that it was the most effective diet program in terms of metabolism and energy. I was able to maintain it for a year; however, due to stress from work and some other lifestyle changes, I wasn't able to keep it and let all the fat creep into my body. I started trying this book again and so far, the recipes are good and excite me. This book is new to me and I've found lots of fresh recipes that I haven't tried before. Well, let us see, I am positive that I can keep up this time with the guidance of this book.

Well the main idea of Low Carb Diet is that the carbohydrates intake in foods are limited and replaced with foods that are high in proteins and fats. We can get a lot of benefits from this kind of diet plan and the most significant is that it prevents us from hypertension and diabetes. The book contains many recipes to choose from. There are all delicious, healthy and of course all recipes followed the Low Carb Diet Plan. I love dishes like Beef Curry, Baked Salmon, Spicy Broiled Shrimp and many others. This really a delicious read and nutritious too. I love it.

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