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Low Carb: Trying To Cut Back On Carbs? Top 45 Low Carb Recipes That Help You Lose Weight While Still Enjoying Delicious Food (Low Carb, Low Carb . Pasta, Low Carb Recipes, Low

By Marie Richler

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 96 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Top 45 Low Carb Recipes That Help You Lose Weight While Still Enjoying Delicious Food Looking for low carb recipes that can be used on any healthy diet You can find all kinds of recipes here to meet your low carbohydrate lifestyle. Many people find that eating this way is a great way to kick off weight loss or maintain long term weight loss by incorporating more meals with fewer carbs. Ditch the idea that healthy low-carb recipes should be tasteless and bland. Let our Healthy Recipes open your mind There are many ways to make your low carb diet more interesting. Add variety in flavor and nutritional content to your everyday meals by choosing from these carefully designed recipes. In this book you will find breakfast recipes, including low carb muffins and waffles (did you know that these are even possible), snacks that even your friends will enjoy, soups, poultry, beef, pork, hot vegetable, and seafood recipes for your lunch and dinner meals. You will also find delectable desserts that will satisfy your sweet tooth without the extra carb!...



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