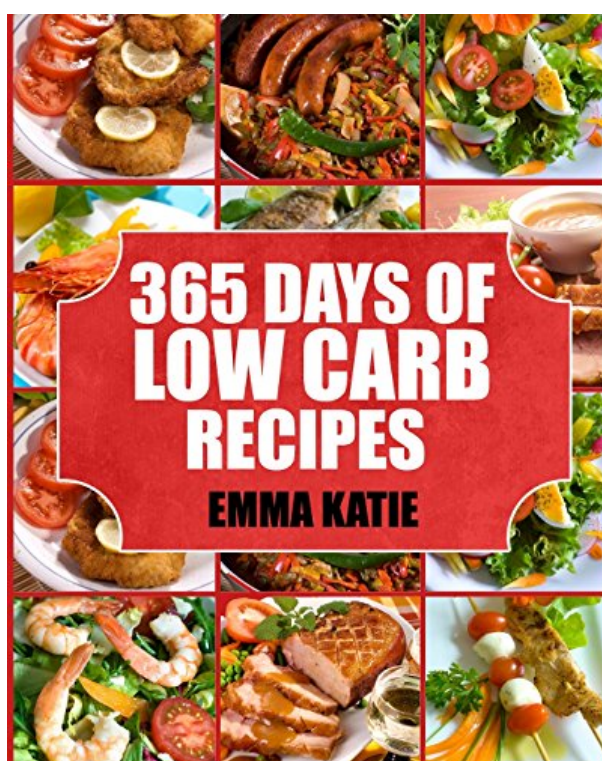
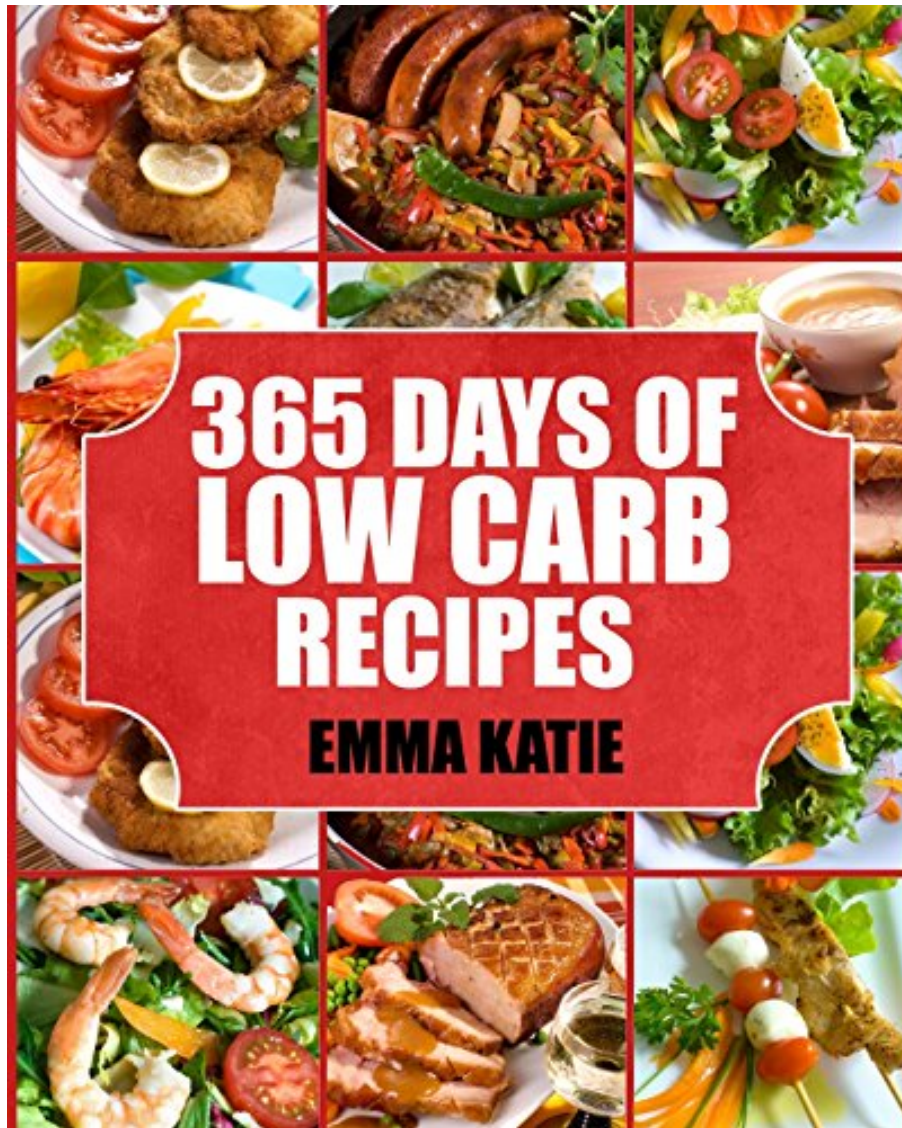


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Low Carb

TODAY SPECIAL PRICE - 365 Days of Low Carb Recipes (Limited Time Offer)

365 Days of Low Carb Recipes Healthy eating is about feeling great, having more energy, stabilizing your mood, and keeping yourself as healthy as possible. These things can be achieved by learning some nutrition basics and using them in a way that works for you.

A huge effort has been made by the author in making sure that her book on 365 Days of Low Carb Recipes has all the possible ingredients to keep you healthy and provide all fun and enjoyment while having them.

In Low Carb Healthy Recipes, the author provides just that: 365 healthy recipes for people who are searching for a healthier life. Low Carb offers several advantages:

- Low carb diet is something very beneficial to our health.
- Your appetite will be killed in a good way if you take low carb recipes.
- You will have serious weight loss if you take low carb diet recipes regularly.
- The main fat loss will occur from the abdominal cavity if you take low carb recipes.
- Triglycerides will go down (Triglycerides are fat molecules that cost fat in our body)
- HDL level will increase in your body (HDL level is also called “good” cholesterol)
- Blood sugar and insulin level will decrease if you take low carb recipes regularly.
- Blood pressure will go down if you take low carb recipes regularly.
- Much, much more.

In addition to mouthwatering recipes like:

Green Bean and Mushroom Medley

Lemon Pepper Zucchini

Cheesy Baked Cauliflower

Hummus

Slow cooked chicken tetrazzini

There are many more recipes which will make you satisfied and interested. The author also tried to keep you with nutritious diet hat alongside regular exercise can help you with different healthy ways to stay fit. It will be amazing to find various low carb recipes with this book and try out each on different days.

Get your copy today and enjoy 365 days of delicious, healthy and mouthwatering Low Carb Recipes

- Sales Rank: #54371 in Books

- Published on: 2016-11-16
- Original language: English
- Dimensions: 10.00" h x .45" w x 8.00" l,
- Binding: Paperback
- 198 pages

Most helpful customer reviews

16 of 17 people found the following review helpful.

Quick and easy to prepare recipes with easy to find ingredients. Most ingredients you may already have on hand!

By A Reader from PA

I do not get the low reviews of this book that say there are no amounts listed of ingredients and the directions are hard to understand. The ingredient amounts are all there. The instructions are easy to understand. "Combine all ingredients in a bowl"--is one of the often instructions. The ingredients are all pretty much things you have on hand or are easy to find and do not cost the earth to purchase. Most of the recipes are 5 ingredients or less and the directions are all pretty easy that a home ec student could make most of, if not all of, these recipes. Also great for stimulating your mind to think of other ideas/recipes that are low carb. Very pleased with this book. Great to have on hand on days when I do not really want to cook, but still want something homemade, where I know exactly what I am getting and can control what I am eating and know the amounts. Most of the recipes can be done in 30 minutes or less, from start to being in your belly, and you can't even make it to a restaurant and be seated in that amount of time. A few (very few!) may take 45 minutes start to belly, but that is when the cooking time alone is about 30-40 minutes. But the majority are very quick and super easy to prepare.

11 of 11 people found the following review helpful.

Best low carb recipe book ever

By john lenorad

Low Carb recipes that was an excellent cook book I've ever read. I can't believe over 100+ recipes here. I've already tried some of them. Sausage and Asiago Cheese Stuffed Mushrooms, chicken nuggets, Creamy spinach, Crab permesan Dip, Thai mini meatballs, Goat cheese Spread, Beef curry stew all these are now my favorite dishes. Very details and elaborately written in every recipes. So it's now quite easy for me to remember and cooking my favorite recipes all the way. Already recommended to my neighbors and relatives who loves to cook different dishes.

8 of 8 people found the following review helpful.

Simple and Varied Recipes for the low carb diet

By Buckeyegirl

This book helps you to understand the low carb diet and the health benefits that are available from following this diet including weight loss. This particular diet is great to maintain general health and especially good for diabetics. I thought that the recipes in this book was greatly varied and provided great diversity that will help you not to get bored with the low carb diet. Many of these recipes are great for any time of the day and could easily be used for entertaining without having people avoid it because it is seen as "diet food". The majority of these recipes could easily be made for a family, even for those with children without it being a fight or burdensome.

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