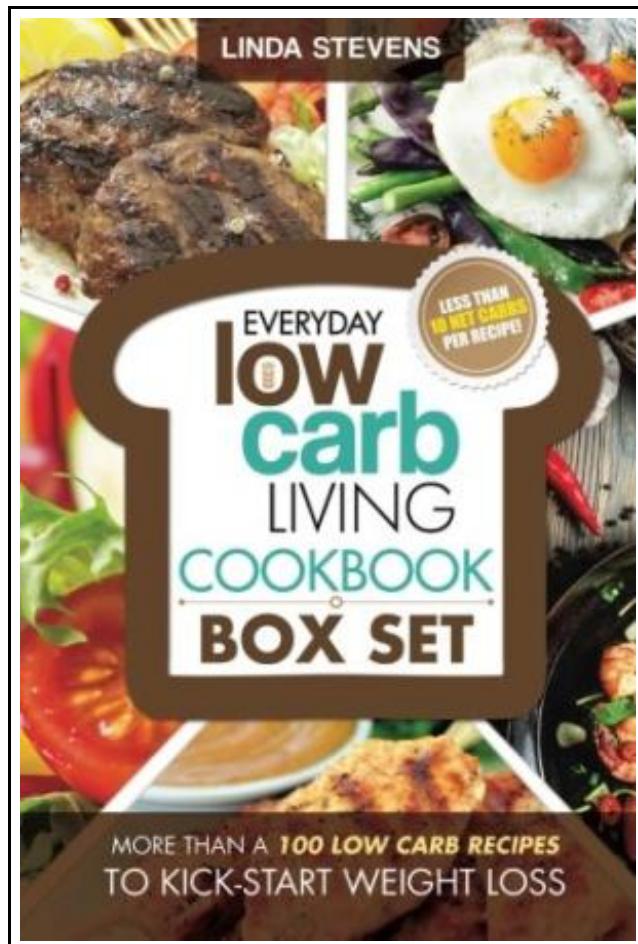


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.LOW CARB DIET BOX SET: ENJOY OVER 120 DELICIOUS LOW CARB RECIPES FOR EXTREME WEIGHT LOSS STARTING TODAY RECEIVE A HUGE DISCOUNT (OVER 75) WHEN YOU BUY ALL BEST SELLING LOW CARB LIVING BOOKS TOGETHER. Low Carb Living Vol. 1 Low Carb Living Breakfast Time Vol. 2 Low Carb Living Dinner Time Vol. 3 Low Carb Living Slow Cooker Vol. 4 You will have access to over 120 mouth watering, easy low carb recipes your whole family will love. Each recipe has been tried and tested and includes a complete nutritional profile. You can enjoy these recipes day after day and never have to worry what's for dinner again! Each recipe included in these books contains less than ten grams of net carbohydrates per serving. The tasty recipes in this box set include: Hearty Breakfasts Breakfast Smoothies Breakfast Sweets Appetizers and Starters Side Dishes Chicken-based Dishes Beef-based Dishes Pork-based Dishes Fish-based Dishes Vegetarian-based Dishes Slow cooker Recipes Chilies and Soups Desserts Snacks Are you looking to lose weight?! Do you have diabetes and are looking to control your blood glucose levels?! If so, you may want to consider a low carb diet. A low carb diet has many positive outcomes including: weight loss (even when you are not consciously counting calories), reduced blood glucose for those with diabetes, increased HDL (good cholesterol), and decreased blood pressure. You will never get bored again! Your eyes will no longer search for the bread bowl! Work with these books as your guide to make textured, layered meals that rev your metabolism and burst you forward into a rejuvenated, more exciting lifestyle. Watch your hunger disappear and your waistline...

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