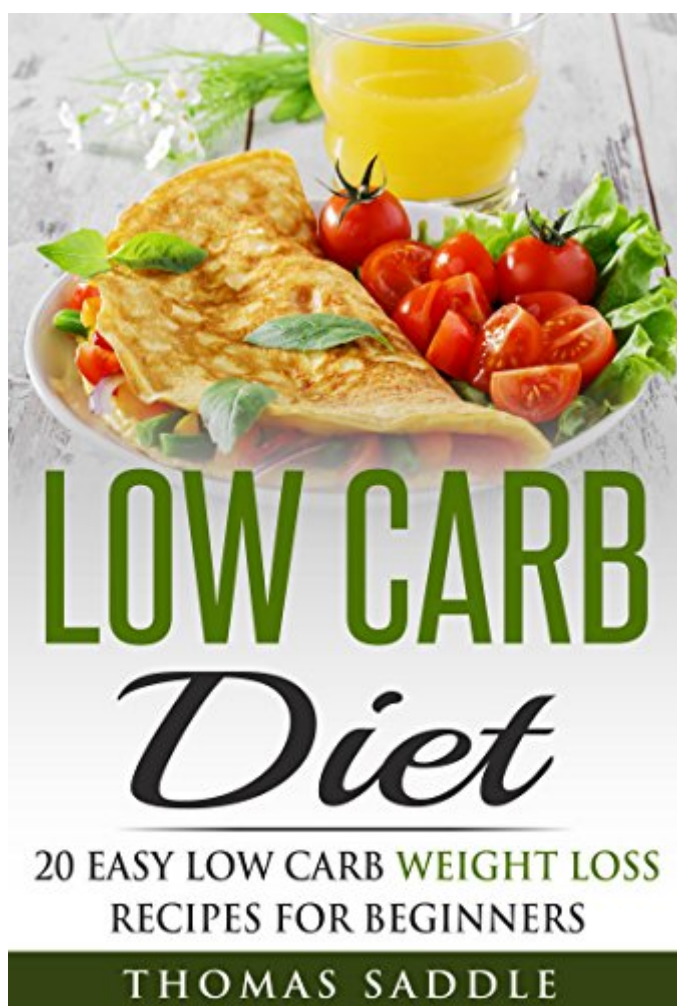


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# Low Carb: Diet: 20 Easy Low Carb Weight Loss Recipes For Beginners (Diets, Beginners Guide, Law Of Attraction, Paleo)



## Synopsis

If you have been looking for a way to lose weight that is easy, fast and actually works, then stop looking right now because you have found it! Low Carb Diet: 20 Easy Low Carb Weight Loss Recipes for Beginners is the last diet book you'll ever download! If you have been looking for a low carb diet book to help you follow a low carb diet, then this is the perfect book for you. One of the most common causes for weight gain is too many carbs, by following a healthy low carb diet you can lose those pounds that have been troubling you. Inside Low Carb Diet you will learn about the simple ways that you can cut down on carbs in your diet by utilizing delicious low carb recipes. With easy to understand terms and fun and delicious recipes you will be losing weight, eating better and feeling better than you ever have before! Inside Low Carb Diet you'll discover: The beginner's guide to dieting the low carb way, Delicious Main Dishes, Fantastic Side Dishes, Healthy Low Carb Snacks & Much More!!! What are you waiting for? Scroll back up to the top of this page and click BUY IT NOW! You'll be dropping pounds and impressing friends with delicious low carb recipes in no time!

## Book Information

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## Customer Reviews

This book is a guide to the low carb diet where there are main dishes, side dishes, and snack recipes for weight loss. The book explains the reasons why carbs make a person gain weight, a low carb diet helps you lose weight, and rules to follow on a low carb diet. They are easy to follow especially when you are a beginner. The following chapters contain the recipes. Name of the dish, number of servings, calories per serving, ingredients with the exact quantity, and preparations. It is a bit of a drawback that there is no additional nutritional information and photos. However, the recipes are good and easy to follow. I started cooking meals from the book and I can already notice a change on my body even if I only started a week ago. I recommend the book to anyone who wants to lose weight in a healthy way.

How to perfectly combine a daily receipt, which is yummy and easy to realise, with your objectives of losing weight? I have the solution : read this book! I am the type of guy who isn't born with natural talents for cooking, I was more into sports and technical things, and I just wanted a guide with easy to follow receipts so I can just follow it throughout all the week and have an healthy balanced life without stress :-)

I love to be healthy and to eat healthy food, so picking this book up was a no-brainer for me. The recipes provided in this book are both delicious and healthy. I always feel so great whenever I go on a diet and I know for a fact that I am not only doing myself a favour by being healthy, but it also works as an inspiration for others. I highly recommend this book to anyone that loves healthy, delicious food. I will definitely read more from Thomas Saddle!

Those who are likely wanting to lower their carb diet should definitely get this book! It could absolutely help you effectively if you're keen and determined to do so. I've really liked cooking some of the recipes that were given by this book and I can't help but say that they're really delectable. The content was filled with nourishment towards the importance of diet. You have to keep focused and to not easily get distracted with temptations and actually start being responsible, because at the end of your work it'll only be you who gets benefited.

I was interested in reading about low carb diets. This book has some great recipes, however, only

calorie counts, no grams of carbs per portion. I am restricted to a certain number of carbs per meal( diabetic), and was surprised to not find any carb counts. What constitutes low carb, anyway? Is it 25 grams of carbs per meal, 30 grams, 40 grams,?? There is no mention of dietary fiber combinations with carbs. I only wish that there was more information.

I really like this book! It is so hard to decide for a diet and once you decide that everyone has so many rules to follow. I was never able to follow all rules for more than couple days. Some diets have that many rules that even in the end I still didn't know all of them, not even saying about following them. I think that this book is a great start for healthier life, you have a few rules to follow and they are pretty simple ( not that easy to stop yourself and follow them but at least you will recognize what is good for you and what is not good anymore). I also liked the part with a recipe : bacon egg and spinach salad I can have that one every day

This is a very interesting book on the Low Carb Diet subject. It explains nicely what Low Carb Diet is and gives some helpful advice which foods to avoid and which are actually good for you if you are looking to lose some weight. Also, there are 20 delicious recipes. Overall, very good book for someone who is just starting with Low Carb Diet, and would like to get some information on this Diet and help to start preparing healthy meals.

I truly enjoyed the recipes in this book. Eating healthy does not mean that it has to be tasteless, these recipes have the right combination of seasoning, herbs and spices to make diet food delicious.I highly recommend this book to anyone who wants to venture into low carb dieting as well as readers who simply enjoy cooking and look for deliciously tasty recipes

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