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Low Carb Diet: Lose Weight Your Way with 23 Low-Carb Versions of Your Favorite Comfort Foods: (Low Carbohydrate, High Protein, Low Carbohydrate Foods, Low Carb, Low Carb Cookbook, Low Carb Recipes) (Paperback)

By Maria Black

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Low Carb Diet Lose Weight Your Way with 23 Low-Carb Versions Of Your Favorite Comfort Foods If you want to get rid of stubborn body fat, then follow a low carb diet. The Low Carb Diet: Lose Weight Your Way with 23 Low-Carb Versions of Your Favorite Comfort Foods is designed for your help. It enables you to learn 23 delicious gluten free recipes. There are numerous benefits of a low-carb diet, and after reading this book, you will be able to know the importance and effects of low carb diet. This book covers numerous areas of low carb diet, such as: Overview and Benefits of low carb diet Low carb comfort food for breakfast Low carb dishes for lunch Low carb dishes for dinner Low carb snacks and desserts If you want to prepare low-carb food items, then follow the recipes given in this book. Nutritional information is also given in the book for your help. You will know about calories, fiber content, fat, carbohydrates and sugar available in every food item. If you want to know...



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