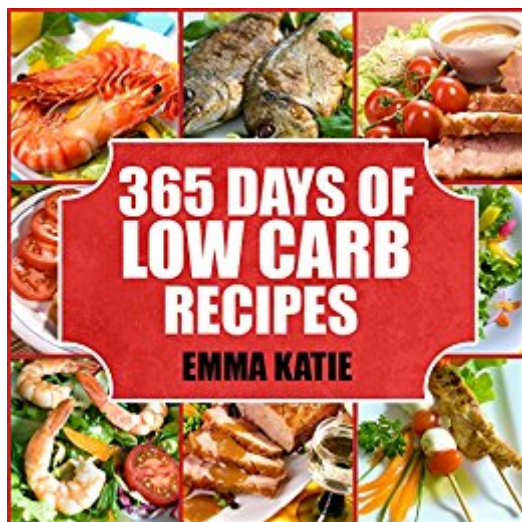


The book was found

Low Carb: 365 Days Of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners)



Synopsis

Take note: New Proofread Version (August 23, 2015) Low Carb 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 eBook 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 eBook and try out each on different days. Get your copy today and enjoy 365 days of delicious, healthy and mouthwatering Low Carb Recipes.

Book Information

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Customer Reviews

Great book with plenty of recipes amazing dishes, what more can I ask for? You'll definitely need this book if you want to start eating healthy. My favorite so far is the Sicilian Olive Chicken...

hmmmm

Easy to follow recipes with ingrediance that anyone can find at their local food market. All of the recipes I have tried are delish, and we look forward to trying new ones each time and going back to well loved favs!

Been looking for low carb foods and found this cookbook, filled with delicious breakfasts, lunches, dinners, side dishes, desserts (yes real low carb desserts), and beverages. Very impressed and can't wait to try them!

The recipes are so easy to make. Just found out I'm a diabetic and the recipes are for breakfast, lunch, and dinner using fresh herbs and ingredients with each meal. The cookbook covers everything. Thank you for writing this fantastic cookbook that makes cooking easier.

Unfortunately the book doesn't have any nutrition facts whatsoever. The recipes are rather simple, which is a benefit, but it lacks on instructions in between. There are no pictures and it seems that the author just tried to get as many recipes in as possible, disregarding the missing information. Also, as per other books I've seen, carbs are cut out a lot, but replaced with fat, which isn't going to help if you are trying to lose weight. Overall a poor job.

Good low carb recipes

Low carb eating is really important if your trying to get healthy, so this 365 recipe book was perfect for me for all year around eating. I loved loved loved the garlic mashed potatoes, flourless peanut butter cookies, and crepes! Emma explains how to prepare each recipe in a short, succinct manner, then moves on the next delicious idea. Its written well with lots of mouth watering recipes. What more could I ask for? Great cookbook.

Good recipes

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