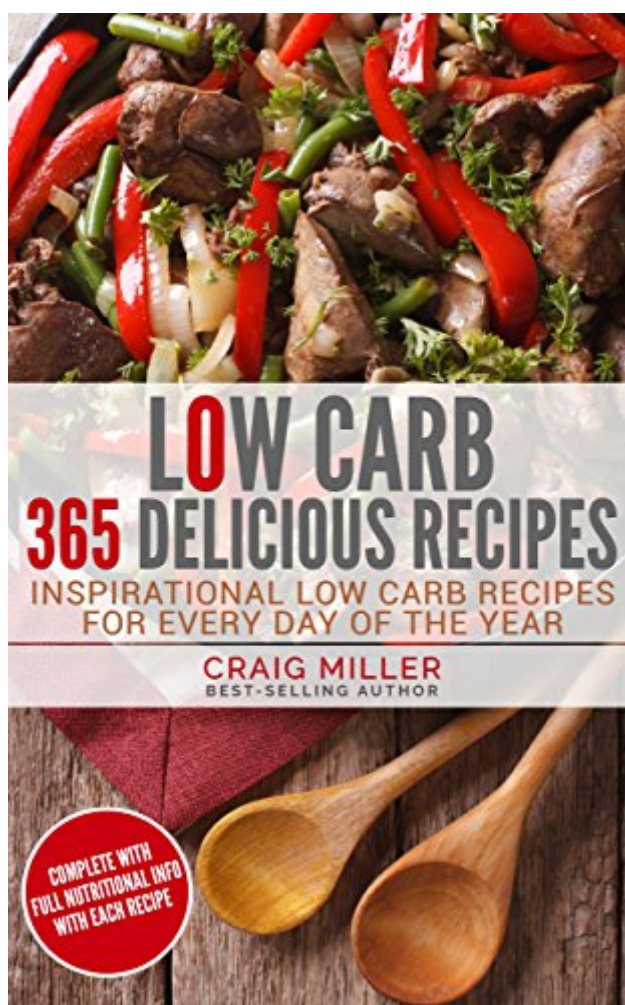


The book was found

Low Carb: 365 Delicious Recipes Inspirational Low Carb Recipes For Every Day Of The Year



Synopsis

Want delicious Low Carb Recipes That Will Last You Year Round? Imagine Having 365 Tasty Low Carb Meals Along With Full Nutritional Information In One Easy To Read Cookbook...This Book Could Be The Answer You're Looking For...Low Carb: 365 Delicious Recipes Inspirational Low Carb Recipes For Every Day Of The Year! Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that it is actually simple carbs such as sugar and pasta's that are making us fat and unhealthy. By removing simple carbs with healthy fats and protein, the low carb diet forces your body to become a fat burning machine! As a result, you will automatically lose weight, increase your mental focus and decrease your appetite. This book is designed to take all the hassle out of low carb dieting by providing inspirational easy to make low carb recipes from around the world with all the nutritional information you need. With Low Carb: 365 Delicious Recipes Inspirational Low Carb Recipes For Every Day Of The Year You'll Get...A Detailed Macro and Micro Nutritional Information For Every Recipe Cooking And Planning Times To Locate The Quickest And Easiest Recipes Over 365 Delicious Recipes Broken Down Into Easy To Find Categories: Breakfast, Starters, Meat, Seafood, Vegetarian, Salads, Soups and Desserts A Straight Forward Explanation on the Low Carb Diet Learn How To Make These Delicious Recipes: Crustless Triple Cheese Mushroom-Spinach Quiche Whipped Cream and Berry Low-Carb Pancakes Salmon Nuggets with Pistachio Spicy Cream Cheese and Chorizo Filled Mini Bell Peppers Asian Bacon-Wrapped Scallops Recipe Honey and Mustard Chicken Cheese and Bacon Topped Steaks Sweet and Spicy Cauliflower Rice and Chicken Curry Grilled Pork with Berry Mango Chutney-Salsa Cheesy Hamburger Gratin and Brussels Sprout Prosciutto-Wrapped Salmon Skewers Spicy Grits and Shrimps Creamy Fish and Mushroom Casserole with Broccoli Coconut Curry Thai-Inspired Fish Low-Carb Cauliflower Pizza with Artichokes Artichoke Spinach Spaghetti Squash Garlic âœGnocchiâ • Double Chocolate Waffles Frozen Raspberry Cheesecake Nutty Chocolate Coconut Balls â |â | And Much, Much More! Get started on making delicious Low Carb recipes and get your copy today!

Book Information

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Customer Reviews

I like the low carb diet, because all suits my body. Often I take books with new recipes. This book attracted me with front page, but when I leafed through recipes I realized that I have a real treasury of low carb recipes! Of course, some of them I immediately tried. This book is excellent because it contains proven recipes, the dishes are very delicious, the recipes are easy to follow, and most importantly, all the dishes are very healthy. My sincere recommended!

Low Carb recipes that were an excellent cookbook I've ever read. Delicious Recipes Inspirational Low Carb Recipes This is an amazing book for beginners. The recipes are easy to prepare and it has a clear and easy to understand instruction. This book is really a great resource for those who want to enjoy or prepare great and healthy meals for a family from simple ingredients.

I'm really happy because I took this excellent book for free. I love Low Carb diet, and more than two years, all meals that I prepare are by the principles of low carb diet. In this book I've found recipes for the whole year. Some of them I've tried, but I saw the others are too to go mouthwatering. Indeed, a great book. Sincere recommended!

I have some good time with this great diet recipes book. This book is designed to take all the hassle

out of low carb dieting by providing inspirational easy to make low carb recipes. The book is divided into four parts: breakfast, lunch, dinner, and snacks. Under each section, recipes are organized from the quickest total time to make, to the longest. Each recipe includes full nutritional information. The recipes in this book are so delicious, my whole family loves it so much. I suggest this book to everyone who loves cooking and dieting.

All in one piece. Appetizers, main courses down to desserts for at least a year were all laid down here. What makes this best among different diets is it does not deprive your taste buds regarding your food intake. You just have to be careful watching out for carbohydrates and you are on the right track. Lining up on the TO DO list!

This is probably one of the best low-carb books I've had the pleasure to read. I've learned so much and I recommend it for those serious about this way of eating. You will certainly have a delightful meal everytime because of the choices of recipes. A great addition to your library if you're dedicated to a low-carb lifestyle.

This is an interesting read the book is well written and recipes are easy to cook, the book is really low carb also these recipes are time saving. So this is really feasible for me because i ever face time problem due to my tough job thanks.

Very detailed cookbook about making low carb delicious recipes on kindle. Wow, i have made 2 out of the 365 recipes and i can say that these two were amazing. Thanks for filling our mouths with water and our bodies with nutrients!

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