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Low Carb Menu: How To Lose Weight In A Week Without Diet And Exercise! 23 Healthy Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, ... diet for dummies, low carb high fat diet)

Imogen Snell

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Low Carb Menu (FREE Bonus Included)

How To Lose Weight In A Week Without Diet And Exercise! 23 Healthy Low Carb Recipes

Low carbohydrate diets are growing in popularity, as adherents say that the regime allows you to lose weight without feeling hungry or deprived. In fact, a low carb diet encourages foods that were previously seen as “forbidden”, such as full fat cheese, bacon and nuts, and instead concentrates on reducing the consumption of sugars.

This book presents a straightforward introduction to seven days of living low-carb, for breakfast, lunch and dinner – even snacks! Recipes include:

- Fresh Summer Rolls
- Gluten-free breakfast pancakes

- Moroccan style meatballs
- Chocolate-topped almond coconut squares

Use this plan to kick start the first week of your weight loss regime. We promise you won't feel hungry or deprived and you could start to see dramatic results in as little as seven days!

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The book Low Carb Menu: How To Lose Weight In A Week Without Diet And Exercise! 23 Healthy Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, ... diet for dummies, low carb high fat diet) has a lot of information on it. So when you make sure to read this book you can get a lot of profit. The book was compiled by the very famous author. The writer makes some research prior to write this book. This kind of book very easy to read you can get the point easily after perusing this book.

Amanda Stone:

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