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Low Carb Diet BOX SET 2 IN 1: Lose Weight Fast With 36 Amazingly Delicious Low Carb Salads and Casseroles: (low carbohydrate, high protein, low carbohydrate ... Ketogenic Diet to Overcome Belly Fat)

Nichole James

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Casseroles

BOOK #1: Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles

Whether you're trying to lose weight, manage an illness, or simply trying to set out on a healthier life path, a low carb diet may be just right for you. In this guide, you will learn the benefits of low carb foods, as well as the appropriate items to consume when on the low carb diet. In this book you will also learn 21 satisfying, healthy, creative, and scrumptious low carb casserole recipes.

BOOK #2: Low Carb Diet: 15 Healthy and Delicious Low Carb Salads to Lose Weight Fast

Low carb diets, like South beach and Atkins, have been all the rage in recent years—so what's all the fuss? Why does a low carb diet work, with proven results? With Low Carb Diet: 20 Healthy and Delicious Low

Carb Salads to Lose Weight you will learn the science behind low carb diets, the health benefits of low carb, the appropriate foods to eat on a low carb diet, and 20 recipes to start you out on a low carb lifestyle.

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