



Low Carb: 77 Tasty Low Carb Diet Recipes with an Easy Guide for Rapid Weight Loss

Celine Walker

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Discover a Diet That can Really Help You Lose Weight without Having To Alienate Yourself from others Because of Your “Special Diet”

This book contains 77 guilt-free but surprisingly indulgent weight loss recipes to get you through breakfast, lunch, dinner, and all those moments in between. The Low Carb Diet has already proven itself to be more effective than most low carb diets marketed to hopeful weightwatchers. Through this book, you will learn all that you need to know about this diet, why and how it works, and more importantly, how to go about the transition.

Ever wondered why most seemingly perfect weight loss diets tend to fail? The culprit is your cravings. That said, cravings aren't as bad as they seem. It's simply your body telling you what it needs and what is lacking in your diet. The problem is when you end up misinterpreting what your body is trying to convey to you. So you end up reaching for any high-carb, high-sugar snack within reach. The low carb diet provides the solution to this endless crave-deprive-binge-guilt cycle by providing you with meals that are substantial and made up of healthy ingredients.

As you leaf through these delightful recipes, you'll realize that the transition to the low carb diet is amazingly painless and even pleasurable. After all, what diet can allow you to eat all the steak and bacon you want and then let you enjoy a lovely dessert at the end? Sounds too good to be true? See for yourself. Moreover, you can follow the low carb diet with as little modifications to your lifestyle as possible. There's no complex calorie-counting involved and yes, you can still eat out with your friends! As you will soon see, low carb diet recipes are easy to prepare. You get to make use of ingredients that are easily attainable, making this diet sustainable in the long run.

In this book you'll find the answers to these questions and more. Just some of the questions and topics covered

- The Low Carb Diet and Guidelines to Rapid Weight Loss
- What is the Low Carb Diet?
- Why should you consider switching to this diet?
- What's the best way to approach this diet?
- What foods are you allowed to eat?
- Which food items should you avoid?
- What if you feel like eating out?

- 77 Tasty Low Carb Diet Recipes
- And much more!

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Agatha Roughton:

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Bertha Greene:

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