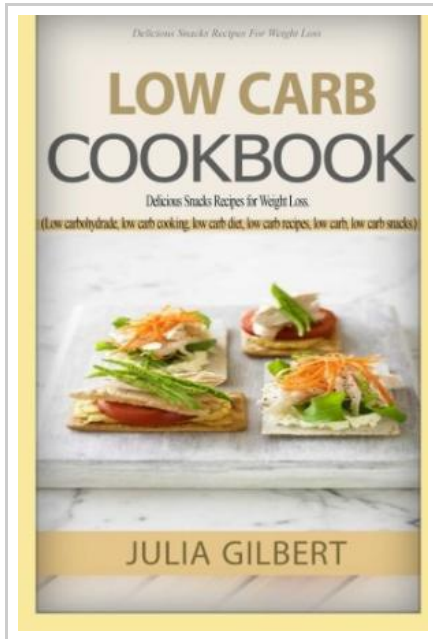




Low Carb Diet for Beginners: The Ultimate 2 in 1 Guide to Low Carbohydrate Eating (Paperback)

By Julia Gilbert, Jenny Johnson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Low Carb CookbookSale price. You will save 33 with this offer. Please hurry up! 2 in 1. The Complete Guide to Delicious Snack Recipes for Weight Loss (low carb cooking, low carb diet, low carb recipes, low carb diet books) Low Carb Cookbook Delicious Snack Recipes for Weight LossDo you want to add some new recipes added to your cooking repertoire? Would you like to learn some unique ways of cooking low carb foods? Would you also like to know which foods are high in carbs and which ones are not? Well, you have come to the right place! This book will give you a brief synopsis of what carbohydrates are and how they affect the body.You will learn what kinds of foods are high in them and which ones are not.You will also learn what carbs can do to your body if they are consumed too much. This is an easy to read guide that is fun to evaluate for cooking fanatics. You will learn about new recipes that you never heard before and...



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