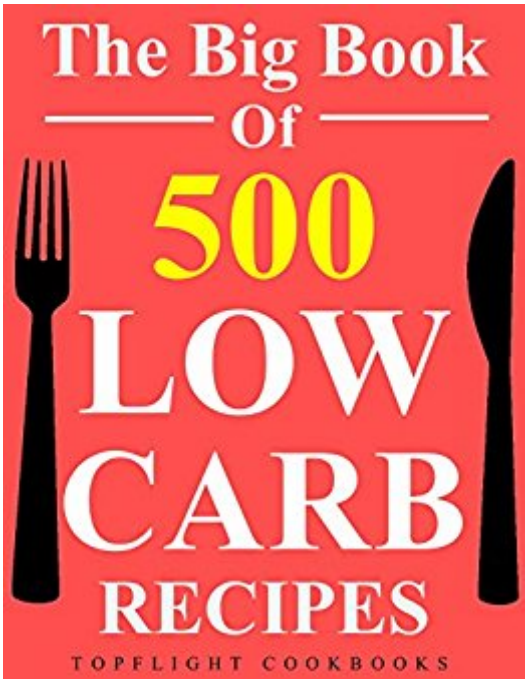
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Synopsis

Enjoy The Ultimate Best 500 Healthy and Delicious Low Carb Recipes Today! ****LIMITED TIME PROMOTIONAL OFFER****Includes a collection of 101 Healthy Gluten-Free and Sugar-Free Low Carb Recipes Free Bonus Ebook on Healthy Eating also includedDo you want to lose weight, belly fat and improve your overall health?It is now a scientific fact that low-carb diets work especially for weight loss as has been proven in more than 20 quality studies on humans.Scientific studies have shown that low-carb diets cause 2 to 3 times more weight loss than low-fat diets with no health hazard side effects. Instead, low carb diets cause huge improvements in the body for many risk factors that include weight loss, losing belly fat, reduced inflammation, decreasing blood sugar and blood pressure among other health benefits.Low carb living and the low carb diet is not a fad. It simply works and the great thing is, you get to each as much as you want!This low-carb recipe collection offers you the top 600 best, healthy and delicious low carb recipes including low carb seasoning and dressing recipes. Also included in this cookbook is 101 healthy gluten-free and sugar-free low carb recipes for you to enjoy and keep healthy besides losing that stubborn extra weight and belly fat while improving your bodyÃ¢â ¬â„¢s metabolism.A sneak peek into the recipes included include:Low carb Breakfast* Zucchini Bread* Tofu and Raspberry Smoothie* French Toast Casserole* Cinnamon Cream Cheese PancakesLow Carb Main Dishes* Basil Chicken in Creamy Sauce* Chicken with Mushroom and Artichoke* Sweet and Sour Roasted Turkey* Microwave Meatloaf* Pan-fried Steak in Ginger Sauce* Herb Crusted Lamb RackLow Carb Snacks* Tangy Curried Cashews* Cinnamon Apple Chips* Peanut Butter Cookies* Cheese BiscuitsLow Carb Soups & Stews* Catfish and Okra Stew* Baked Beef and Mushroom Stew* Herbed Beet Soup* Sausage and Beans SoupLow Carb Desserts* Vanilla Coconut Macaroons* Cream Cheese Truffles* Pumpkin Custard* Lemony Blueberry CobblerAND SO MUCH MORE!!Scroll up and Download your copy of this amazing cookbook full of delightful low carb recipes for your weight loss and healthy living needs.ENJOY!

Book Information

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Customer Reviews

I have recently started a low carb diet and ordered the 450 Low Carb recipe book. I have fixed a lot of recipes from it and just love them. You can’t go wrong with purchasing this book!

GREAT book! Has recipes for spice mixes and dressings with carb counts and just about anything and everything you could want in low carb and sometimes low fat recipes with nutritional info. Just what I was looking for!

Yes I want this book

Good recipes for persons looking for Low Carb recipes!

Not the best purchase ever made

Great recipes!

Very good book for low carb diets.

Good

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