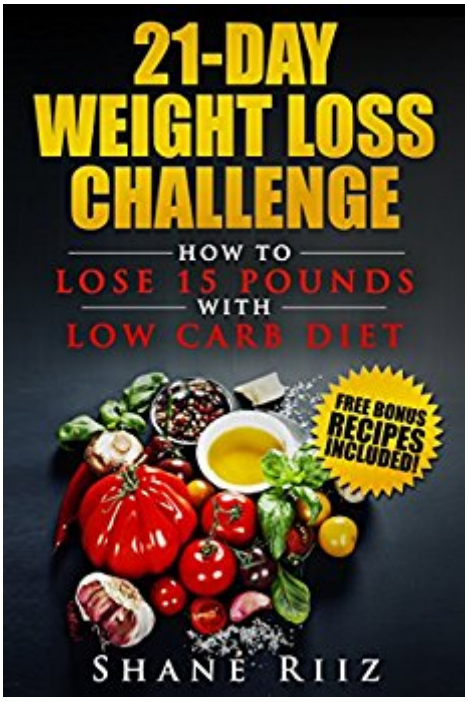
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Low Carb: 21-Day Weight Loss Challenge - How To Lose 15 Pounds With Low Carb Diet (FREE BONUS Included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating)



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Synopsis

IT IS TIME TO CHALLENGE YOURSELF IN THE NEXT 21 DAYS AND FINALLY LOSE WEIGHT!Discover How to Lose 15 Pounds in 21 Days with Low Carb Diet!***Claim Your FREE BONUS at the end of the book*** Download this Bestseller today! Regularly priced at $4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Weight loss- is this your top health goal for the year and yet your most difficult task to complete? Did you know that weight loss can be gained in as short as 21 days? Did you know that this weight loss is made possible with a few minor tweaks to your diet? Do you want to achieve your target weight without losing flavors and tastes?If you answered yes to any of these questions then your best bet for weight loss is the Low Carb Diet!21 Days Weight Loss Challenge: How to Lose 15 Pounds with Low Carb Diet is a guide to help you prepare the best low carb recipes and to give you a running start to make your weight loss program a success. Plus, it will give you some important tips on what to do on the 22nd and beyond days after the challenge. The recipes in this book include:7 beef 7 poultry 7 seafood7 veggies 7 breakfast, snacks and dessertsYour target weight is well within your reach and this book, the information it contains and the recipes it share will bring you closer to making your health dreams come true!*Don’t forget to claim your FREE BONUS at the end of the book!

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Customer Reviews

Low carb diet works well for me and I am always looking for more recipes. I did get some from this book, but the book itself has some problems. The language and spelling is not very good at times and some recipes are not really all that low carb as I expected. Most of the book is still fine, but it would benefit from some proofreading and getting rid of some recipes. It is still a good cookbook, I found some recipes in here that I didn't encounter in other cookbooks and that always pleases me. Don't expect a perfect cookbook and this should do just fine.

Shane Riiz provides a wonderful list of low carb recipes that are both healthy and delicious. The author gives tips on how to motivate yourself to begin the challenge how to start the right way and prepare your body and mind. There is great info on how carbs affect weight gain and what health benefits can come from controlling or reducing your weight. When you have better control of your health, your body feels and looks better, you become more confident and you become more assertive.This book gives tips on preparing your meals so that they provide you with the essential nutrients. The menus provided inside are precise and easy to follow. You can prepare some healthy and delicious meals for yourself and your family.

This is an important book that you will enjoy and learnd all about weight loss, interesting tips and diets.You need to have clear information and this book has it. There are much books about diets, loss weight and fitness but the information that you will find here is very valuable, easy and clear. I really enjoyed reading this book and practice every advice. A wisely choice is read this book, have a good time and learn new things.

Several good recipes but I only lost 3# in 3 weeks. I was very diligent in not cheating, desperate to lose, went to bed starving. Author needs to edit/proof his book before printing to eliminate spelling mistakes. I do have type 1 diabetes & Hashimotos so maybe that's why I couldn't lose weight, again. Why would you include a hoagy bun recipe in a low carb menu!?!?

Honestly, that is what I like the most about low carbs diet. I can still have meats in my meals and lose weight at the same time. This is a healthy diet which takes into account all nutricents our

bodies need. It is advised for stable weight control, not extreme weight loss. I like the detailed list of things for shopping and restocking the kitchen as well as the 21-day meal plans. The recipes are specific and well structured, delicious and easy to follow. Very useful book! I am motivated to take this challenge!

The quality of material of this book is worth more than its price. Easy to understand content for everyone. From me, I will definitely rate this book and the author's efforts a 5-STAR. I'd recommend it to people who want to lose weight and live a life that is free from lots of common diseases. This is an amazing guide to stay healthy and to lose weight loss.

Personally, I think losing 15 pounds in 21 days is a reasonable deal. This weight loss book isn't just about what's said. It also has many benefits which are mentioned in the book. It provides meal plans that are of course, low carb diet. Included in the meal plan are recipes and instructions on how to cook the meals.

This book lays out a concrete plan that you can actually follow. Beyond that there's a lot of recipes that are easy enough to make but, the thing I liked most was the chapter on beyond your first 21 days. It helps you to manage your expectations appropriately and keep you motivated for the long haul!

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