



## Low Carb Diet for Beginners: 25 Amazing Recipes. How to Lose Weight Fast Without Starving: (Low Carbohydrate, High Protein, Low Carbohydrate Foods, Low Carb, Low Carb Cookbook, Low Carb Recipes) (Paperback)

By Imogen McCarthy

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Low Carb Diet For Beginners 20 Amazing Recipes. How To Lose Weight Fast Without Starving Low carb diets have soared in popularity in recent years, because of their capacity to promote speedy weight loss without making the dieter feel deprived or starved. Indeed, some of the rules of low carb dieting seem to turn conventional weight-loss dogma on its head - instead of promoting low-fat, tasteless food, the dieter is encouraged to eat meat, fat and even cheese. In this book we will explain the principles of following a low-carb lifestyle and supply healthy, tasty recipes, inc Spaghetti Squash Risotto Easy chocolate mousse Breakfast waffles (made with cauliflower) And more. Download your E book 20 Amazing Recipes. How To Lose Weight Fast Without Starving: 20 Amazing Recipes. How To Lose Weight Fast Without Starving by scrolling up and clicking Buy Now with 1-Click button! Tags: low carb diet books, low carb, low carb cookbook, low carb diet for beginners, low carb recipes, low carbohydrate foods, low carb slow cooker chicken recipes, low carbohydrate, low carbohydrate living, low carbohydrate...



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