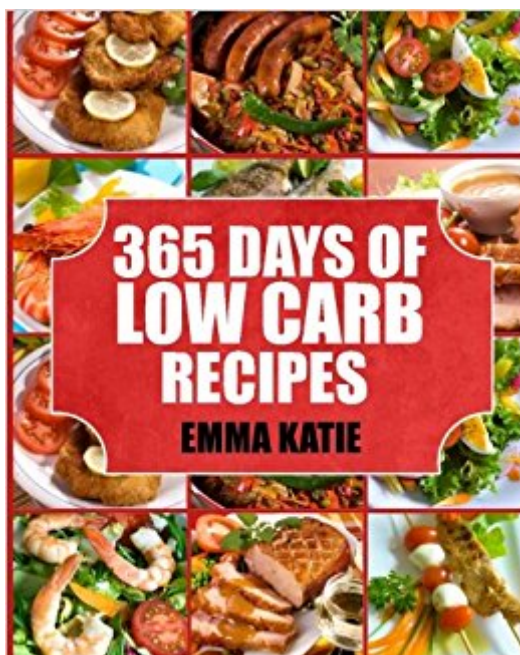


The book was found

Low Carb: 365 Days Of Low Carb Recipes



Synopsis

Low Carb TODAY SPECIAL PRICE - 365 Days of Low Carb Recipes (Limited Time Offer) 365 Days of Low Carb Recipes Healthy eating is about feeling great, having more energy, stabilizing your mood, and keeping yourself as healthy as possible. These things can be achieved by learning some nutrition basics and using them in a way that works for you. A huge effort has been made by the author in making sure that her book on 365 Days of Low Carb Recipes has all the possible ingredients to keep you healthy and provide all fun and enjoyment while having them. In Low Carb Healthy Recipes, the author provides just that: 365 healthy recipes for people who are searching for a healthier life. Low Carb offers several advantages:

- Low carb diet is something very beneficial to our health.
- Your appetite will be killed in a good way if you take low carb recipes.
- You will have serious weight loss if you take low carb diet recipes regularly.
- The main fat loss will occur from the abdominal cavity if you take low carb recipes.
- Triglycerides will go down (Triglycerides are fat molecules that cost fat in our body)
- HDL level will increase in your body (HDL level is also called "good cholesterol")
- Blood sugar and insulin level will decrease if you take low carb recipes regularly.
- Blood pressure will go down if you take low carb recipes regularly.

Much, much more. In addition to mouthwatering recipes like: Green Bean and Mushroom Medley, Lemon Pepper Zucchini, Cheesy Baked Cauliflower, Hummus, Slow cooked chicken tetrazzini. There are many more recipes which will make you satisfied and interested. The author also tried to keep you with nutritious diet that alongside regular exercise can help you with different healthy ways to stay fit. It will be amazing to find various low carb recipes with this book and try out each on different days. Get your copy today and enjoy 365 days of delicious, healthy and mouthwatering Low Carb Recipes

Book Information

Paperback: 198 pages

Publisher: CreateSpace Independent Publishing Platform (November 16, 2016)

Language: English

ISBN-10: 1539581373

ISBN-13: 978-1539581376

Product Dimensions: 8 x 0.4 x 10 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 82 customer reviews

Best Sellers Rank: #104,911 in Books (See Top 100 in Books) #59 in [Books > Medical Books > Allied Health Professions > Diet Therapy](#) #252 in [Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate](#)

Customer Reviews

Great book with plenty of recipes amazing dishes, what more can I ask for? You'll definitely need this book if you want to start eating healthy. My favorite so far is the Sicilian Olive Chicken...

hmmmm

Easy to follow recipes with ingrediance that anyone can find at their local food market. All of the recipes I have tried are delish, and we look forward to trying new ones each time and going back to well loved favs!

Been looking for low carb foods and found this cookbook, filled with delicious breakfasts, lunches, dinners, side dishes, desserts (yes real low carb desserts), and beverages. Very impressed and can't wait to try them!

The recipes are so easy to make. Just found out I'm a diabetic and the recipes are for breakfast, lunch, and dinner using fresh herbs and ingredients with each meal. The cookbook covers everything. Thank you for writing this fantastic cookbook that makes cooking easier.

Unfortunately the book doesn't have any nutrition facts whatsoever. The recipes are rather simple, which is a benefit, but it lacks on instructions in between. There are no pictures and it seems that the author just tried to get as many recipes in as possible, disregarding the missing information. Also, as per other books I've seen, carbs are cut out a lot, but replaced with fat, which isn't going to help if you are trying to lose weight. Overall a poor job.

Good low carb recipes

Low carb eating is really important if your trying to get healthy, so this 365 recipe book was perfect for me for all year around eating. I loved loved loved the garlic mashed potatoes, flourless peanut butter cookies, and crepes! Emma explains how to prepare each recipe in a short, succinct manner, then moves on the next delicious idea. Its written well with lots of mouth watering recipes. What

more could I ask for? Great cookbook.

Good recipes

[Download to continue reading...](#)

Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb: In 20 Minutes - Over 60 Easy One Skillet Recipes

in 20 Minutes Or Less (Low Carb Cookbook, Low Carb Diet Cookbook, Low Carb Cookbooks) Keto Bread Cookbook : (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) 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) Low Carb Chicken Recipes: Easy And Delicious Low Carb Chicken Recipes (Low Carb Cookbook) Low Carb: Ultimate 14 Days Plan For Weight Loss With Low Carb High Protein Diet (low carb for beginner's) Low Carb: 365 Days of Low Carb Recipes

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)