



Low Carb Diet BOX SET 2 IN 1: 60 Amazing Low Carb Recipes You Will Absolutely Love!: How To Lose Weight Fast, How to lose weight without starving, how ... diet for dummies, low carb high fat diet)

Imogen Burns, Pamela Brown

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Low Carb Diet BOX SET 2 IN 1: 60 Amazing Low Carb Recipes You Will Absolutely Love! BOOK #1: Low Carb Desserts: 30 Delicious & Healthy Low Carb Dessert Recipes You Will Love! If you are looking for some wonderful healthy sweet treats for you and your loved ones to enjoy this collection of low carb dessert recipes is right down your alley. If you are looking to choose healthier sweet treat options for your family then you need not look further than the pages of this book. You will find a wide variety of scrumptious sweet treats that are low carb. This is a smart step in the right direction of making the healthier sweet treat choices. You will have your friends and family begging you to make these low carb treats not because of the healthy factors that they will benefit from, but just because they simply love the taste of them! You don't have to worry about denying yourself and loved ones some sweet tasting treats because these treats are low carb treats. You are going to be losing weight and enjoying these treats. It really doesn't get much better than that. Make the healthy choice in sweet treats you will feel so much better in knowing you are providing your family with sweet treats that are not packed with sugar. Why should you download this book? If you are truly serious about making some healthy changes in your diet and your families diet then you are going to have a great selection of low carb dessert to turn to when you want something sweet, but you don't want all the sugar included with most sweet treats. This collection of sweet treats are low carb so you can still have your sweet tooth satisfied while trying to eat healthier. You are going to find that you are going to enjoy eating healthier food choices, they are going to benefit you on so many different levels. One level that you and others around you are going to notice is the weight-loss you will lose with low carb food choices. Deciding to start making better healthier food choices for yourself and your family is going to help to ensure that the risk of you developing serious and sometimes life threatening ailments such as heart disease are lowered significantly. Make your health a priority in your life the right way to start this is to make sure that you are eating a healthy well balanced diet. Getting yourself and family onto a low carb diet can make a world of difference in improving your overall health and well-being. When you start to feed your body foods that are full of healthy nutrients your body is going to react by making you feel happy and energized more than you have in a very long time. This is a great way to lift up your spirits and get you out of feeling depressed and tired all the time. Eating healthy will energize you that also includes having some low carb sweet tasting treats in your diet. You don't want to diet in a way that you are going to feel deprived in anyway. Those kind of strict diets do not work. Most people do not stick to them because they are too deprived of things like sweet treats. There is diets where you can still indulge in low carb sweet treats and feel satisfied so it doesn't even feel like you are dieting. You will actually enjoy the many low carb dishes that you can enjoy at each and every meal. I hope you will check out my other low carb cook books that have low carb recipes for each main meal of the day! BOOK #2: Low Carb Snacks: Top 30 Amazingly Delicious & Healthy Low Carb Snack Recipes For Weight Loss When following a low carb eating plan, snacking can be one of the hardest things to get right. We all have times when we need to grab something to eat for energy or a reward, and the temptation to think 'this doesn't count' or 'what choice do I have?' when reaching for a candy bar or packet of crisps can be immense. This book helps you to plan delicious, fast snacks to make

sure your diet stays on track.

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James Shipp:

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