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Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low Carbohydrate, High Protein, Low Carbohydrate Foods, Low Carb, Low Carb Cookbook, Low Carb Recipes)





Synopsis

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Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love! (FREE Bonus Included)

BOOK #1: Low Carb Soups: 20 Best Low Carb Soup Recipes For Weight Loss Are you trying to reduce weight, but unable to get considerable results? There is no need to worry because you have to reduce carbohydrates from your diet, and its excellent replacement is low carb soups. The **Low Carb Soups: 20 Best Low Carb Soup Recipes For Weight Loss** is designed for your help so that you can follow a low carb diet. The book contains 20 yummy recipes that you can prepare easily at home.

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.

BOOK #3: Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles Whether you're trying to lose weight, manage an illness, or simply trying to set out on a healthier life path, a low carb diet may be just right for you. In this guide, you will learn the benefits of low carb foods, as well as the appropriate items to consume when on the low carb diet. In this book you will also learn 21 satisfying, healthy, creative, and scrumptious low carb casserole recipes.

BOOK #4: 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.

BOOK #5: Low Carb Cookies: 23 Best Low Carb Cookie Recipes To Maintain Your Healthy Eating Habits This book is drafted to explain the importance of the low carb lifestyle and easy recipes to make low carb cookies. Low carb diet is famous for many years because of its health benefits. This book is designed to provide you 23 best low carb cookie recipes for your health. These cookies are low in carbohydrates and high in fiber. You can consume them while following a weight loss routine. These are safe to eat with any of your diet plans.

BOOK #6: Low Carb Diet: 15 Healthy and Delicious Low Carb Salads to Lose Weight Fast Low carb diets, like South beach and Atkins, have been all the rage in recent years "so what's all the fuss? Why does a low carb diet work, with proven results?"

BOOK #7: Low Carb Diet Cookbook Vol. 3: 30 Dinner Recipes. How To Lose Weight Fast Without Starving Download your E book "Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!" 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 diet, lchf diet, lchf cookbook, lchf recipes, low carb high fat, low carb high fat cookbook, low carb diet manual, low carb high fat diet, low carb diet for dummies, low carbohydrate cookbooks, low carb quick and easy

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Customer Reviews

Wow so many recipes in this set of books. These are great if you are looking for low carb meals. There are many recipes to choose from. You get the following low carb book recipes: 20 soup recipes, low carb snack ideas, 21 casseroles recipes, 30 dessert recipes, 23 cookie recipes, 20 salad recipes, and 30 dinner recipes. The soup and cookie books were the only two books that had the nutritional information while the other books didn't. I wish every single recipe had the nutritional information but not all books had that. But overall it is a great set of books to look into if you are looking to change your way of eating.

This is so amazing, complete book on how losing weight. I read this box set recipe until the end of

pages, very helpful and some of these recipe are effective for my belly fat. I tried already these recipe.

This book contains various recipes that are guaranteed low in carbohydrate content so you do not have to worry about your blood sugar levels shooting up. Low-carb diet is perfect for those who are also trying to lose weight and lead a healthier lifestyle. The author gave some very basic helpful info for beginner low carbers, like think about what you can eat, not what you are having to do with out. Also, there is an ingredient in many low carb bars that causes cravings in most people.

Fantastic. Received this book when it was offered for free for short period of time from and am Very happy I got it.

Excellent! Love the variety and the amount of recipes in this set!

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