



Low Carb Cookbook: 185 Breakfast, Lunch, Dinner, Snacks, Desserts And Slow Cooker Recipes (Complete Collection with 80+ Bonus Weight Loss and Recipe Books)

Charity Wilson, My Recipe Journal

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Low Carb Diet Cookbook Box Set

Receive a massive price break when you buy all 5 of these delicious low carb cookbooks together plus receive an additional bonus 50 recipes. Inside this set you will find these bestselling books for an insanely low price:

Vol. 1 Breakfast Recipes

Vol. 2 Lunch Recipes

Vol. 3 Dinner Recipes

Vol. 4 Snack & Dessert Recipes

Vol. 5 Slow Cooker Recipes

You can enjoy *over 185 low carb diet* recipes so you never get bored again.

Are you struggling to stick with your low carb diet? Do you feel lost when trying to plan your diet?

Low Carb Recipes That Kill Boredom

Most diets fail because you try to eat the same thing day in and day out. You literally burn out on food and then the junk starts looking really good. I know you have goals of weight loss or just being healthy and I want you to achieve them.

The way to do it is to have a lot of variety in your diet. This book will give you enough different and delicious recipes to avoid food boredom. These recipes will protect you from going back to your unhealthy ways.

Benefits Of A Low Carb Lifestyle

Maybe you are new to a low carb lifestyle and just starting to explore this type of diet. If that is the case then here is a quick breakdown of just some of the benefits:

- Helps reduce appetite
- Promotes healthy weight loss
- Reduces visceral fat (the fat found in the abdominals)
- Triglyceride levels typically drop
- Increases the level of healthy cholesterol in your body
- Maintains healthy levels of blood sugar and insulin levels
- Can aid in lowering blood pressure

There are many more health benefits that you can experience from using the low carb recipes you find inside. If you have tried all the other diets before and failed, it is time to try a **low carb diet**. Take the time to plan these recipes into your weekly meals to help guarantee your success.

There is no need to continue struggling with weight loss or living a healthy life. You don't need to succumb to the temptations of fast food and sugary goodies when you have great tasting low carb meals at your fingertips.

Ready To Get Cooking?

Download and start enjoying your recipes right away.

Scroll to the top of the page and select the buy button.

This book contains all of my books plus another author's as a way to say thank you to you my reader.

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From reader reviews:

Stacey Williams:

Have you spare time for just a day? What do you do when you have much more or little spare time? Yep, you can choose the suitable activity intended for spend your time. Any person spent their own spare time to take a wander, shopping, or went to often the Mall. How about open or perhaps read a book entitled Low Carb Cookbook: 185 Breakfast, Lunch, Dinner, Snacks, Desserts And Slow Cooker Recipes (Complete Collection with 80+ Bonus Weight Loss and Recipe Books)? Maybe it is being best activity for you. You know beside you can spend your time with the favorite's book, you can more intelligent than before. Do you agree with its opinion or you have various other opinion?

Todd Robinson:

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Randi Adams:

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William Bell:

Your reading 6th sense will not betray you, why because this Low Carb Cookbook: 185 Breakfast, Lunch, Dinner, Snacks, Desserts And Slow Cooker Recipes (Complete Collection with 80+ Bonus Weight Loss and Recipe Books) publication written by well-known writer who really knows well how to make book which might be understand by anyone who read the book. Written inside good manner for you, still dripping wet every ideas and creating skill only for eliminate your hunger then you still doubt Low Carb Cookbook: 185 Breakfast, Lunch, Dinner, Snacks, Desserts And Slow Cooker Recipes (Complete Collection with 80+ Bonus Weight Loss and Recipe Books) as good book not simply by the cover but also through the content. This is one e-book that can break don't evaluate book by its deal with, so do you still needing an additional sixth sense to pick this specific!?! Oh come on your studying sixth sense already told you so why you have to listening to yet another sixth sense.

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