

The book was found

Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies And Low Carb Italian Recipes



Synopsis

LOW CARB LIVING BOX SET: ENJOY OVER 180 DELICIOUS LOW CARB RECIPES FOR WEIGHT LOSS, ENERGY AND VIBRANT HEALTH STARTING TODAY! RECEIVE A HUGE DISCOUNT (OVER 150%) WHEN YOU BUY ALL BEST SELLING LOW CARB LIVING BOOKS TOGETHER. EACH OF THESE BOOKS ALONE SELLS FOR 2.99! Low Carb SnacksLow Carb DessertsLow Carb Smoothies Low Carb ItalianAre you looking to lose weight?! Do you have diabetes and are looking to control your blood glucose levels? If so, you may want to consider a low carb diet. A low carb diet has many positive outcomes including: weight loss (even when you are not consciously counting calories), reduced blood glucose for those with diabetes, increased HDL ("good" cholesterol), and decreased blood pressure. With this Low Carb Living Compilation, you will have access to over 180 mouth watering, easy low carb recipes your whole family will love. Each recipe has been tried and tested and includes a complete nutritional profile. The recipes are also based on whole foods, with no sugar or processed foods at all. Regardless if you are new to this dietary lifestyle, or have been practicing it for years, chances are that at one point or another you have felt like something was missing. Many people think that going low carb means going without certain things, such as baked goods and favorite desserts. This is absolutely not true. While taking advantage of fresh, whole ingredients and the many flour and sugar alternatives available today, there is a way to create just about any snack or dessert that you may crave. With these low carb recipes, being healthy is delicious and easy! Cookies, granola bars, chips, ice cream, bagels and donuts are some of America's favourite snack foods but they are also loaded with sugar, fat and contain very little nutritional value. If you are trying to adhere to the low carb diet, finding healthy, wholesome snacks and desserts may pose a bit of a problem for you. The recipes outlined in this cookbook all contain ingredients that have a low glycemic index so they won't spike your blood sugar levels; they also contain protein and healthy fats. Included in this compilation is a large recipe section of excellent low carb, high protein snacks that can be put together quickly and easily. There are snacks, smoothies and desserts for every time of the day from breakfast on the go to midnight munchies, plus recipes that are specifically designed for vegetarians and vegans, as well as those following gluten and dairy free diets. Lose weight, save time, and keep yourself well. Bring endless flavor into your life, and rejuvenate yourself. Food is the ultimate comfort, the ultimate fuel, and this cookbook eliminates its hassle once and for all! SCROLL UP AND CLICK ^BUY TO ORDER YOUR COPY INSTANTLY

Book Information

File Size: 21045 KB

Print Length: 373 pages

Simultaneous Device Usage: Unlimited

Publisher: The Fruitful Mind (March 2, 2016)

Publication Date: March 2, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01CIPK0FY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #201,127 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #28

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Meals > Appetizers #87 in Books > Cookbooks, Food & Wine > Entertaining & Holidays > Appetizers #96 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

So convenient and easy to understand. Written for everyone to enjoy

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

Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) 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 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) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking,

low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes Low Carb Treats Box Set (6 in 1): Mouthwatering Cookies, Candies, Pies, Cheesecakes, Mug Cakes and Gelato Recipes Made Low Carb (Low Carb Desserts & Mug Cakes) Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) 500 Low-carb Recipes - 500 Recipes, From Snacks To Dessert, That The Whole Family Will Love (500 Recipes, from Snacks to Dessert) Low Carb Snacks: Healthy and Delicious Low Carb Snack Recipes For Extreme Weight Loss (Low Carb Living Book 6) Superfoods Today Red Smoothies: Energizing, Detoxifying & Nutrient-dense Smoothies Blender Recipes: Detox Cleanse Diet, Smoothies for Weight Loss Diabetes, Detox Green Cleanse for Weight Loss Energy Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Ketogenic Pressure Cooker Recipes Box Set (3 in 1): Delicious Low Carb Instant Pot Pressure Cooker, Low Carb Donut, Low Carb Muffins Recipes (Instant Pot Pressure Cooker) Low Carb Casseroles BOX SET 2 IN 1: 38 Super Satisfying Low Carb Casseroles That Will Amaze Your Family: (low carbohydrate, high protein, low carbohydrate ... diet for dummies, low carb high fat diet) Alkaline Smoothies: Lose Weight & Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies (Nutrition, Alkaline Diet, Weight Loss Book 1) 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) Smoothie Recipes: Ultimate Boxed Set with 100+ Smoothie Recipes: Green Smoothies, Paleo Smoothies and Juicing

[Dmca](#)