

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 Alkaline Smoothies: Lose Weight & Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies (Nutrition, Alkaline Diet, Weight Loss Book 1) Healthy Super Shakes and Smoothies: 25 Sugar Free Dairy Free Shakes and Smoothies Recipes (Here's the DEAL - Healthy Weight Loss and Fat Burning Book 3) DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How to Make Protein Bars in No Time (diy protein bars, protein bars, high protein snacks) 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) Green Smoothies for Weight Loss: Inexpensive, Simple Green Smoothies Recipes for Weight Loss That Gain Energy, Lose Weight and Make You a Healthier Person Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savory Snacks (Ketogenic Diet Fat Bomb, Fat Bombs Recipes, Low Carb Desserts) Paleo: Paleo Diet for

beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss) Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) 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) Meals to-Go Box Set (6 in 1): Low-Carb Recipes of Mains and Desserts for a Stress-Free Cooking (Dump Meals) Weight Watchers: Top Desserts For Weight Loss: The Smart Points Cookbook GuideÂ© with over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start the Easy Points Plus Diet) My Yonanas Frozen Treat Maker Recipe Book: 101 Delicious Healthy, Vegetarian, Dairy & Gluten-Free, Soft Serve Fruit Desserts For Your Elite or Deluxe Machine (Frozen Desserts & Soft Serve Makers) Zero Belly Fat: Smoothies, Juices, Salads and Many Other Healthy Recipes to Lose Weight and Maintain Flat Belly (Weight Loss, Zero Belly Diet, Flat Belly Diet, Healthy Diet) Alkaline Diet: How to Lose Weight, Get Fit, Detox Naturally, Balance Your pH, and Be Healthy For Life with the Alkaline Diet (Cookbook, Recipes, and Smoothies) KETO Smoothies and Drinks: A Starter Kit for a Healthy Lifestyle and Fast Weight Loss in 14 Days (Ketogenic Diet, ketogenic diet for weight loss) 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) One-Pot Dump Dinners: Low Carb Soups, Dinners and Healthy Desserts for Your Dutch Oven with No-Mess and No-Stress (Dutch Oven & One Pot Cooking)

[Dmca](#)