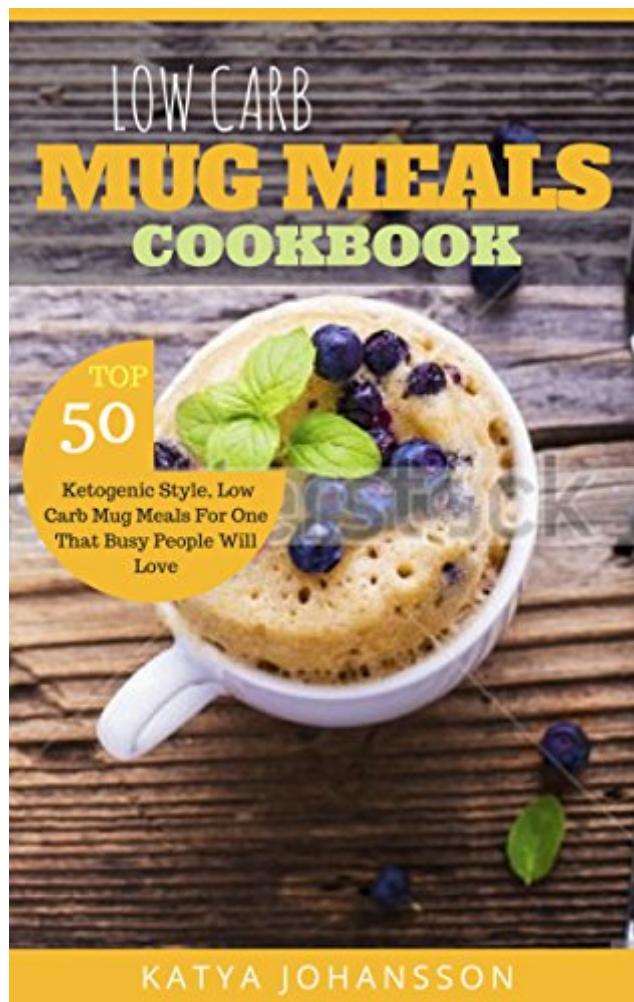


The book was found

# Low Carb Mug Meals Cookbook: Top 50 Ketogenic Style, Low Carb Mug Meals For One That Busy People Will Love!



## Synopsis

If you're looking for easy & Tasty Low Carb Mug Meals That areÂ Prepared In Minutes, and that Support A Low Carb Diet - This is the book for you...WAIT! BEFORE YOU DECIDE...HERE'S A DEAL YOU WILL LOVE:â—º FREE KINDLE BOOK W/ EACH PAPERBACKÂ „Mug meals are not just for saving time and creating portion-sized recipes. They can become a valuable part of your weight loss goals. Adhering to the low carb diet is much easier when you have low carb recipes that also contain a good amount of protein and healthy fat. This is what the LOW CARB MUG MEALS COOKBOOK presents to you.Â This large recipe collection includes low carb, high protein and healthy fat meals that you can put together in minutes. They have a low glycemic index, which means they will not cause a rise in your blood sugar levels. The 65 recipes cover breakfast, lunch, dinner, dessert, snacks, sauces and drinks. Even picky eaters will find something to enjoy in this wide collection of low carb mug meals.Â Most of the recipes have less than 10g of carbs per serving and they will give your weight loss goals an extreme boost!Â Here's a sneak preview inside "low carb mug meals cookbook":1. Chocolate Hazelnut Mug Cake2.Â Carrot In Mug3. Almond With Coconut In Mug4. Lemoncoconut Muffin5. Healthy Strawberry Mug Cakes6.Â Delicious Caramel Mug Cake7. Pumpkin Pie Chocolate Chip Mug Cake8. Tasty Flax Muffin9. 2 Minute Tasty Cake10. Flaxseed With Vanilla In Mug11. Tasty Nutella Mug Cake12. Huevos Rancheros Egg Whites Mug13. Apple Banana "Heated" Oatmeal In A Mug14. Tasty Mug Cheesecake15. 5 Minute Amazing Paleo Chocolate CakeOVERALL - YOU GET 50 AMAZING LOW CARB MUG MEALS FOR ONE RECIPES IN THIS BOOK!No matter the time of the day or night, there is more than enough variety to satisfy you in this book. And there is very little clean-up to do...Save timelose weight, and...Â get control of your health.Â REMEMBER:Â FREE KINDLE EBOOK W/ EVERY PAPERBACK YOU GET!Buy your copy now!

## Book Information

File Size: 1773 KB

Print Length: 80 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 24, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01KZVT6F8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #403,623 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #42

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Quick & Easy > Microwave Cookery

#71 in Books > Cookbooks, Food & Wine > Cooking Methods > Microwave Cooking #106

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Quick & Easy > Cooking for One

## Customer Reviews

Is this a joke? Recipes are not written for American or English cooks. Full of nonsensical words and phrases. No stars. I want a refund.

This book makes meal planning simple and easy!

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

Low Carb Mug Meals Cookbook: Top 50 Ketogenic Style, Low Carb Mug Meals For One That Busy People Will Love! Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid

(ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes, ketogenic plan) KETOGENIC DIET: KETOGENIC DIET FOR BEGINNERS:

KETOGENIC COOKBOOK: 450 Best Ketogenic Diet Recipes (keto, keto clarity, ketosis, ketogenic desserts, ketogenic ... diet plan, ketogenic diet for weight loss) Low-Carb Mug Meals for One: 40

Healthy and Delicious Mug Recipes to Try in Less than 15 Minutes (Meals for Busy People)

Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diet: Ketogenic Weight

Loss Diet, Avoid Mistakes & Live Healthier (Ketogenic Diet, Ketogenic Weight Loss, Ketogenic

Recipes, Ketogenic Diet Plan) Mug Meals Cookbook - 25 of the Best Mug Recipes made in the

Microwave: Mug Cookbook for Everyday Life Ketogenic Diet: Ketogenic Salad Recipes: Top 35

Insanely Good Ketogenic Diet Recipes For Easy Weight Loss (Ketogenic Diet, Ketogenic Diet For

Beginners) Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic

cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diet: The Permanent

Weight Loss Guide - Ketosis, Low Carb & Ketogenic Mistakes (Ketogenic, Paleo, Low Carb, Weight

Loss, Ketogenic Diet) 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)

Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet) Ketogenic Diet: The Ketogenic Vegetarian Diet: Top 35 Incredibly Delicious Low Carb High Fat Recipes To Re-Gain Your Strength (low carbohydrate, high protein, ... low carbohydrate foods... Ketogenic Diet) Style: The Lady's Guide to French Style, Fashion and Beauty- Get Dressed to Look Charm and Elegant (French Chic, Sense of Style, Style, Style Books, Style ... Dressed, Look Hot, Look Fabulous Book 1) Microwave Meals (5 in 1): No-Mess Quick and Easy Microwave Recipes, Mug Meals and Mug Desserts to Cook in No Time Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds in 30 Days with Easy & Quick Ketogenic Recipes (diabetes, diabetes diet, paleo, paleo ... carb, low carb diet, weight loss Book 1) Ketogenic Diet Cookbook: AWARD WINNING Low Carb Recipes for Health and Weight Loss with the Keto Diet (tasty weight loss ketogenic cookbook with fat bomb ketogenic desserts) Ketogenic Diet: 21-Day Healthy Ketogenic Meal Plan To Get Lean And Lose Weight Fast As Hell- Tips For Low-Carb Ketogenic Diet (Beginners Weight Loss Food Cookbook, Parents Guide, Epilepsy Manual) 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)

[Dmca](#)