



Low Carb Diet BOX SET 3 IN 1: Rapid Weight Loss With 85 Amazingly Delicious & Healthy Low Carb Recipes: (Slow Cooker Low Carb, high protein, low carb, ... Watchers Cookbook, Low Carb High Fat Diet)

Imogen Burns

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BOOK #1: 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.

It includes recipes for:

- Home made beef jerky – without preservatives or sugars
- Ten different egg recipes to stop you from getting bored with boiled
- Sweet treats to stop your sugar cravings

With a little foresight and planning, you can stick to your low carb plan without compromising on taste or variety.

BOOK #2: 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. You will find a wide variety of scrumptious sweet treats that are low carb. This is a smart step in the right direction of making the healthier sweet treat choices. You will have your friends and family begging you to make these low carb treats not because of the healthy factors that they will benefit from, but just because they simply love the taste of them!

You don't have to worry about denying yourself and loved ones some sweet tasting treats because these treats are low carb treats. You are going to be losing weight and enjoying these treats. It really doesn't get much better than that. Make the healthy choice in sweet treats you will feel so much better in knowing you are providing your family with sweet treats that are not packed with sugar.

BOOK #3:Low Carb Diet For Beginners: 20 Amazing Recipes. How To Lose Weight Fast Without Starving

Low carb diets have soared in popularity in recent years, because of their capacity to promote speedy weight loss without making the dieter feel deprived or starved. Indeed, some of the rules of low carb dieting seem to turn conventional weight-loss dogma on its head — instead of promoting low-fat, tasteless food, the dieter is encouraged to eat meat, fat and even cheese.

In this book we will explain the principles of following a low-carb lifestyle and supply healthy, tasty recipes, including:

- Spaghetti Squash Risotto
- Easy chocolate mousse
- Breakfast waffles (made with cauliflower)
- And more...

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