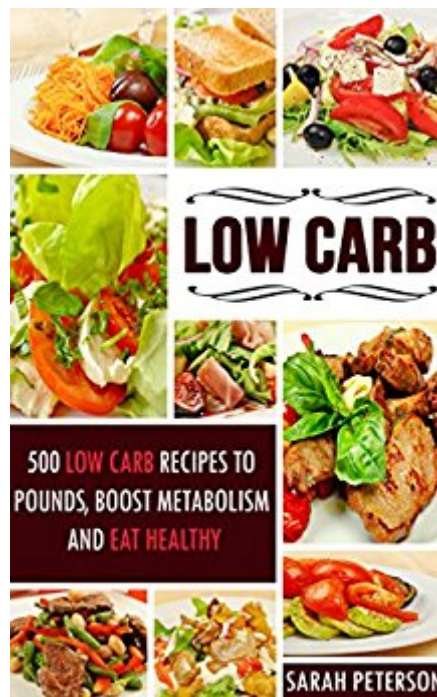


The book was found

# Low Carb: 500 Low Carb Recipes To Lose Pounds, Boost Metabolism And Eat Healthy (Low Carbohydrate, Low Carb Cookbook, Keto, Paleo, High Protein)



## Synopsis

Savor 500 Low Carb-Packed Diet Recipes to a Healthy Body!\*\*\*Read this book for FREE on Kindle Unlimited - Download Now!\*\*\*Whether you are taking the first steps of your New Year's resolution or simply looking to modify your food intake and get healthy, a Low Carb Diet is certainly a great choice for you no matter what time of the year. Throughout this book, you will be introduced to some of the most mouth-watering recipes that are easy to prepare, and before you know it, the Low Carb Diet will cease to be a diet; it will become a way of life. Check out the amazing recipes below!â € Low Carb Vegetable Quicheâ € Low Carb Mediterranean Greek Saladâ € Low Carb Cheesy Broccoli Chickenâ € Low Carb Veggie Stir-Fry â € Low Carb Seared Scallopsâ € Low Carb Cauliflower Casseroleâ € Low Carb Chocolate Avocado Mousse Surpriseâ € MUCH MUCH MORE! Live well and live longer with Low Carb: 500 Low Carb Recipes to Lose Pounds, Boost Metabolism and Eat Healthy Download Now for Instant Reading by Scrolling Up and Clicking the Buy Button

## Book Information

File Size: 3510 KB

Print Length: 402 pages

Simultaneous Device Usage: Unlimited

Publication Date: May 8, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00XF4AY5E

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #431,565 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #121

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Special Conditions > Low Cholesterol #127 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #139 inÂ Books > Cookbooks, Food & Wine > Special Diet > High Protein

## Customer Reviews

Carbs contribute one of the highest factors to gaining weight. This book definitely has great recipes

and tips to weight loss. By following this book I've lost a few pounds since I first purchased it. I highly recommend this to anyone who wants to eat healthy and lose weight.

Great book! I love the first section that explains the purpose and popularity of the low-carb diet before I really get into it. It helped me try out all the recipes and find the winners among them! I really like the Frittata Primavera!

Been with low carb diet for a while or a newbie or someone just looking for something to try out; I highly recommend this book because of the amazing recipes inside! They are must tries! Eat healthy and lose weight. Best combination.

This book had a huge selection of recipes for low carbers like myself. Being on a low carb diet can get a bit mundane but with these recipes you will have lots of options. If you are looking for something new to spice up your diet this is the book for you.

This is a hot mess. A number of recipes list ingredients & then have instructions for a completely different recipe. No nutritional info. One recipe uses 24 oz hash browns & is 4 servings. This is low carb? Recipes for boiling an egg and poaching an egg. Seriously? I deleted it after purchasing. But if you enjoy puzzles, maybe you'll like trying to match up the ingredients from one recipe with the correct instructions from another.

The reason why I love cooking because I love to eat healthy and delicious food. Easy to prepare and not so much time consuming. This book is really the best ever! It has a lot of ideas to be learned and I'm totally amazed. The word mouth-watering best describes this book. Highly recommended!

Lots of recipes but not tempted to try any as no nutritional information whatsoever and no table of contents either.

Very easy and fun to make also feels like you're not in a low carb diet at all!! Just made one of the recipes do dinner and my husband loved it! Definitely would recommend to anyone who wants to change their life style.

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

Low Carb: 500 Low Carb Recipes to Lose Pounds, Boost Metabolism and Eat Healthy (Low Carbohydrate, Low Carb Cookbook, Keto, Paleo, High Protein) 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,) Low Carb: Low Carb Diet for Beginners - How to Lose 7 Pounds in 7 Days with Low Carb & High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo 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 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 Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... 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 Diet. Slow Cooker Recipes: 25 Delicious Low Carb Dinners To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, ... Ketogenic Diet to Overcome Belly Fat) 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) 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) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) 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 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) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Low Carb Cookies: 23 Best Low Carb Cookie Recipes To Maintain Your Healthy Eating Habits: (low carbohydrate, high protein, low carbohydrate foods, low ... Ketogenic Diet to Overcome Belly Fat) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)