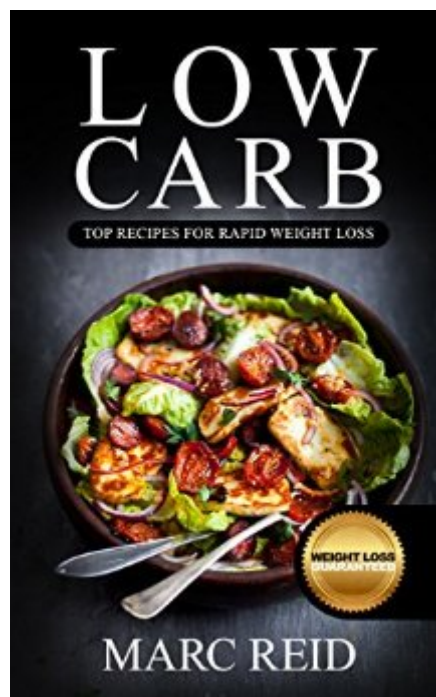


The book was found

Low Carb: The Low Carb Cookbook BIBLE® With Over 350+ Delicious Recipes & One Full Month Meal Plan (1 YEAR Of The Best Low Carb Recipes For Rapid Weight Loss)



Synopsis

If Creative Low Carb Recipes are What You Seek, then Look No Further. Over 350+ Delicious Breakfast, Lunch, Dessert & Snack Recipes & One Full Month Meal Plan included in this Book! Introducing the LOW CARB BIBLE... Why Go LOW CARB? Time and Time again, scientific studies show that people on Low-Carb Diets Lose More Weight, faster, than people on Low-Fat diets | even when the low-fat dieters are actively restricting calories. Why? Because eating FAT does not Make you FAT! Eating CARBS does! By eating a Low Carb High Fat Diet, you are sustained throughout the day. You don't get the sugar spikes and then sugar crashes. You don't need the cake and coffee to stimulate you in the afternoon slump. On this diet you'll be getting plenty of Good Fats from cold pressed oils, nuts and seeds, grass fed meat and eliminating all unnatural and processed foods. This book will use a step-wise approach to take you through the Low Carb Diet and further beyond into the practical application of making healthy and super tasty recipes. You will find a FULL nutritional breakdown at the end of each recipe, so you can keep track of your calories & macro's. This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness. Think of the Low Carb like pushing the "reset" button with your overall health, relationship with food and your lifestyle habits. This book will teach you exactly what you need to know about the Low Carb Diet as well as its many Advantages and Health Benefits. Some of the Profound Benefits You will Experience when consuming these Low Carb Recipes: Accelerated Fat Loss, Increase Energy Levels & Vitality, Appetite Control, Improved Mental Focus, Stabilised Blood Sugar Levels, Lower Cholesterol, Hormonal Balance. Here's A Sneak Preview Of The Easy-to-Prepare Recipes you will find in this book: Cheesy Low Carb Bread, Lemon Cheesecake, Breakfast Mousse, Berry Breakfast Shake, Cacao and Raspberry Pudding, Coco and Blueberry Smoothie, Creamy Chocolate Milk, Blueberry Almond Smoothie, Fast Protein and Peanut-Butter Pancakes, Guacamole, Bacon and Eggs Breakfast, Hemp Muffins with Walnuts, Mediterranean Pecorino Romano Breaded Cutlets, Oriental Garlicky Chicken Thighs, Pordenone Cauliflower Lasagna, Roasted Lemony Chicken & Prosciutto with Brussels sprouts, Roquefort Spinach, Zoodles and Bacon Salad, Sour Avocado and Chicken Moussaka, Spicy Italian Sausage and Spinach Casserole, Squash Spaghetti Lasagna Dish, Slow Cooker Thai Fish Curry, Smoky Pork Cassoulet, Sage and Orange Glazed Duck, Tartar Keto Cookies, Keto Strawberry Pudding, Minty Avocado Lime Sorbet, Morning Zephyr Cake, Sour Hazelnuts Biscuits with Arrowroot Tea, Wild Strawberries Ice Cream, Mini Lemon Cheesecakes, Chocolate Layered Coconut Cups, Pumpkin Pie Chocolate Cups, Fudgy Slow Cooker Cake, Easy Sticky Chocolate Fudge. Over 350+ Amazing Recipes, One For Every Day of the YEAR! Purchase this book

at it's lowest price and make your Weight Loss journey Effortless!

Book Information

File Size: 1984 KB

Print Length: 542 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 11, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01GYYWSSC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #91,290 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9 inÂ Books
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Customer Reviews

I apologize for longer review. I will be returning this book. Some books are meant only for those who know how to cook and others are good also for beginners. This cookbook is not meant for those beginners who need precise directions as this cookbook takes shortcuts in directions, is inconsistent with how it measures ingredients, is imprecise in instructions, misses ingredients and has sloppy editing. Further, for the beginner low-carb person, there is not a consistent use of ingredients. Upon receipt of this book, it is clear that this is an attempt a self-publishing (no publisherâ™s page) with severe lack of editing. On the second page, the foreword thanks the customer for purchasing a cookbook with a different title. After the Table of Contents and a paragraph intro prefaced with Shakespeare, there is slightly over a page that communicates what the author has stated as the truth about carbs. It reads like a grade school report (minus the required citations). The author also gets off topic in this very short preview including knocking dairy products as a source of dietary sensitivities. While I will concede that there is some truth to this statement as I have a daughter who is limited in what her dairy intake may be, the author needs to provide back up for their accusation.

Ironically, the cookbook uses dairy in several of its recipes. The cookbook is very inconsistent. Sometimes Tbsp is used to represent tablespoon, other times, tbsp. The author will list a capitalized ingredient like Garlic Powder and then show the next ingredient with mixed caps like Onion powder followed by an ingredient all lower case.

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