



Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes)

Carina Hollie

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Low Carb

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365 Days of Low Carb Recipes Healthy eating is about feeling great, having more energy, stabilizing your mood, and keeping yourself as healthy as possible. These things can be achieved by learning some nutrition basics and using them in a way that works for you. In Low Carb Healthy Recipes, the author provides just that: 365 healthy recipes for people who are searching for a healthier life. Low Carb offers several advantages: • Low carb diet is something very beneficial to our health. • Your appetite will be killed in a good way if you take low carb recipes. • You will have serious weight loss if you take low carb diet recipes regularly. • The main fat loss will occur from the abdominal cavity if you take low carb recipes. • Triglycerides will go down (Triglycerides are fat molecules that cost fat in our body) • HDL level will increase in your body (HDL level is also called “good” cholesterol) • Blood sugar and insulin level will decrease if you take low carb recipes regularly. • Blood pressure will go down if you take low carb recipes regularly. • Much, much more. In addition to mouthwatering recipes like: Ginger Dressing Orange-Glazed Cornish Chicken Chickens Stuffed with Couscous Apricot Glaze Cajun Chicken Blue Cheese-Pecan Cornish Chicken Grilled Chicken with Fruit Sauce There are many more recipes which will make you satisfied and interested. The author also tried to keep you with nutritious diet hat alongside regular exercise can help you with different healthy ways to stay fit. It will be amazing to find various low carb recipes with this eBook and try out each on different days.

At the end of the book there is Document with 7 Ebooks which come as BONUS(Each eBook is targeted towards: low carb, clean eating, appetizers recipes, crock pot, BBQ, salads and soups) completely FREE. Enjoy it

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