



The Ultimate Low Carb Diet Book: Plus 50 Free Low Carb Recipes (Low Carb Diet - Weight Loss for life)

David M. Gibbs

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This Low Carb book will explain the a-z of how this popular diet works. The science behind it and how it will ultimately lead you to a happier, healthier you.

Everything you need to know about low carb diets plus a bonus of 50 free low carb recipes to get your taste buds tingling and waist lines shrinking.

The ultimate guide for a healthy eating lifestyle and how it actually works for you to enjoy long term benefits.

Good and Bad carbs

As a general rule, carbohydrates that are in their natural, fiber-rich form are healthy, while those that have been stripped of their fiber are not. With the above mind set, some carbs are good while the other is bad; although people attribute these to the glycemic index, insulin surges, the types of carbohydrates etc. well, let's take a look at what it truly means:

Good carbs: "Good" carbs is used to describe foods that have more fiber and complex carbohydrates by choosing fiber-rich carbohydrate choices from the vegetable, fruit, and grain groups and avoid added sugars.

The features of good carbs are listed below:

- The calorie density is low or moderate
- High in an enormous variety of nutrients
- Devoid in reduced sugar and refined grains
- High natural fibre content
- Low in saturated fat
- Low in sodium
- Little or no cholesterol

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Keven Peterson:

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Steven Green:

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book are make you bored, any it offers you feel happy, fun and loosen up. Try to choose the best book for you and try to like reading in which.

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