



LOW CARB COOKBOOK: 185 Breakfast, Lunch, Dinner, Snacks, Desserts And Slow Cooker Recipes (Low Carb Diet, Low Carb High Fat) (Low Carb Diet For Beginners)

Charity Wilson, My Recipe Journal, Darrin Wiggins

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Low Carb Diet Cookbook Box Set

Receive a massive price break when you buy all 5 of these delicious low carb cookbooks together plus receive an additional bonus 50 recipes. Inside this set you will find these bestselling books for an insanely low price:

Vol. 1 Breakfast Recipes

Vol. 2 Lunch Recipes

Vol. 3 Dinner Recipes

Vol. 4 Snack & Dessert Recipes

Vol. 5 Slow Cooker Recipes

You can enjoy *over 185 low carb diet* recipes so you never get bored again.

Are you struggling to stick with your low carb diet? Do you feel lost when trying to plan your diet?

Low Carb Recipes That Kill Boredom

Most diets fail because you try to eat the same thing day in and day out. You literally burn out on food and then the junk starts looking really good. I know you have goals of weight loss or just being healthy and I want you to achieve them.

The way to do it is to have a lot of variety in your diet. This book will give you enough different and delicious recipes to avoid food boredom. These recipes will protect you from going back to your unhealthy ways.

Benefits Of A Low Carb Lifestyle

Maybe you are new to a low carb lifestyle and just starting to explore this type of diet. If that is the case then here is a quick breakdown of just some of the benefits:

- Helps reduce appetite
- Promotes healthy weight loss
- Reduces visceral fat (the fat found in the abdominals)
- Triglyceride levels typically drop
- Increases the level of healthy cholesterol in your body
- Maintains healthy levels of blood sugar and insulin levels
- Can aid in lowering blood pressure

There are many more health benefits that you can experience from using the low carb recipes you find inside. If you have tried all the other diets before and failed, it is time to try a **low carb diet**. Take the time to plan these recipes into your weekly meals to help guarantee your success.

There is no need to continue struggling with weight loss or living a healthy life. You don't need to succumb to the temptations of fast food and sugary goodies when you have great tasting low carb meals at your fingertips.

Ready To Get Cooking?


Download and start enjoying your recipes right away.

Scroll to the top of the page and select the buy button.

This book contains all of my books plus another author's as a way to say thank you to you my reader.

carb slow cooker, low carb desserts, low carb pressure cooker cookbook, low carb athlete, low carb bread, low carb eating, low carb gluten free cookbooks, low carb meals, low carb one pot meals, low carb smoothies, low carb lifestyle, low carb baking, low carb recipes for weight loss, low carb box set for beginners, low carb high protein diet, low carb snacks, low carb food, low carb pasta, low carb tortillas, low carb bars, low carb protein powder, low carb dieting, low carb diet books, low carb diabetic cookbook, ketogenic diet, ketogenic cookbook, ketogenic diet cookbook, ketogenic diet for beginners, ketogenic diet for weight loss, ketogenic diet recipes, ketogenic diet plan, low-carbohydrate diet

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From reader reviews:

Benjamin Chambers:

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Freddie Straughter:

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Chad Davis:

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Mary Brown:

Within this era which is the greater particular person or who has ability to do something more are more

valuable than other. Do you want to become one among it? It is just simple approach to have that. What you should do is just spending your time very little but quite enough to get a look at some books. One of many books in the top checklist in your reading list will be **LOW CARB COOKBOOK: 185 Breakfast, Lunch, Dinner, Snacks, Desserts And Slow Cooker Recipes (Low Carb Diet, Low Carb High Fat) (Low Carb Diet For Beginners)**. This book that is qualified as **The Hungry Slopes** can get you closer in turning out to be precious person. By looking upward and review this guide you can get many advantages.

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