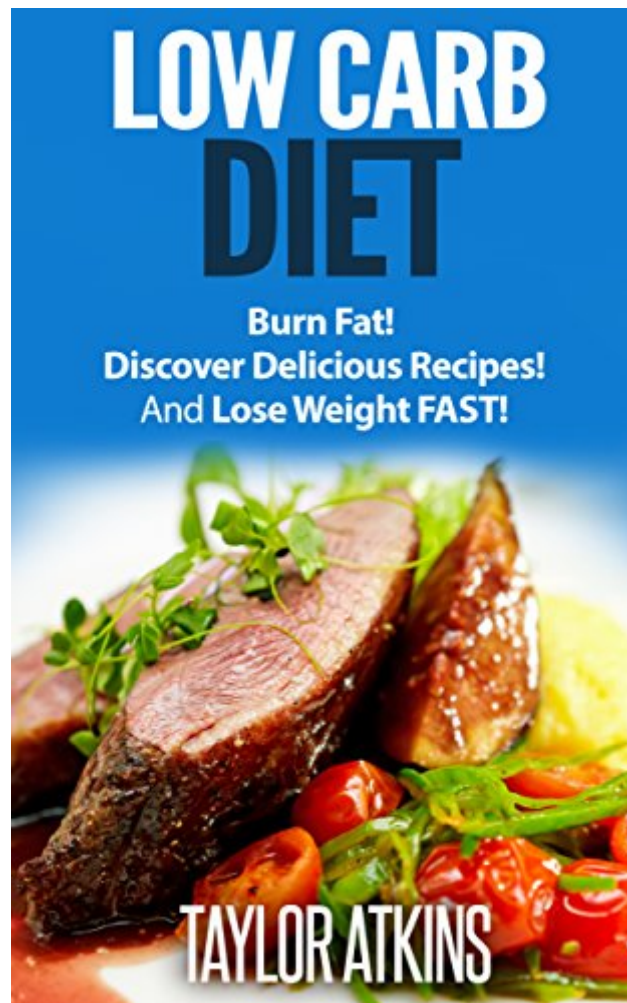




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# **Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat)**





## Synopsis

Cut Carbs and Cut Your Waistline!! Today only, get this bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. As a BONUS for getting this book you will find 12 EXTRA recipes at the back of this book!!! This is for a limited time only!! We would all love to be healthy, fit and thin; we would all love to adopt a lifestyle and food habits that will stay with us long into our future. In the tug of war between the desire to lose weight and the different delicacies that the world has to offer, it is often our health that suffers in the end. We are torn between our cravings for food and our struggle to lose the weight, making it very difficult to achieve our weight loss goals. Carbohydrates are complex nutrients that are both beneficial and harmful for our body. Too much of it makes us obese, ill and unhealthy; too little makes us weak and negatively affects our metabolism. It is very difficult to come to a middle ground with carbohydrates. That's what the Low-Carb Diet is all about - limiting the amount of carbohydrates that we consume and finding the right balance to satisfy our body's physical goals and mental needs. So, if you are looking for a new diet or a new food habit to choose from, what can be better than a diet that has been known to be effective, popular and widely acceptable? Why not try the Low-Carb Diet for a change and see what wonders it can do for your body? Here Is A Preview Of What You'll Learn... The History Of The Low Carb Diet How The Low Carb Diet Works What Foods To Eat In Moderation What Foods To Avoid What To Do When At A Restaurant What To Do When Hosting A Dinner Party What To Nibble On Examples Of Low Carb Meal Plans Some Low Carb Recipes Details Behind Other Carb-Focused Diets 12 BONUS recipes!! Much, much more! Download your copy today! Cut your waistline today by downloading this book for a limited time discount of only \$2.99! Tags: skinny, lose weight, get fit, get toned, diabetes, cancer, epilepsy, candida, celiac, fibromyalgia, fibromyalgia diet, atkins, obesity, overeating, fat, high blood pressure, cholesterol, eat for your blood type

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## Customer Reviews

This is a wonderful book full of information. The author has done a great job writing out a weekly meal plan with breakfast, lunch, snacks, and dinner while on a low carb diet. There are lists of different types of food which you should not eat while on a low carb diet and a list of food you should be eating in moderation. I just started this diet a few days ago and used a few tips from the book on what to do when going out to dinner and I tried it last night and it worked out perfectly. This is a great book full of information, I highly recommend it!

In a market where diet books are flooding by the minute, this one really stands out. The author shows that you can indeed eat tasty dishes while not compromising on nutritional value. I have tried out first hand the recipes shared by Taylor and can vouch for the tastiness of them all. The ingredients used are healthy as well, meaning you can freely indulge in your favourite dishes without any thought of calorific values.

There are so many diets out there and even many variations of the low or no carb diets. It becomes confusing as to which diet you should choose. I like that this book lists the types of low/no carb diets and how each of them works. As someone who is insulin resistant, I will definitely be adopting a low carb diet and I feel more prepared to make the right decision for me

I discovered this book because of work, and thought I was interested in reading it, I didn't anticipate it being particularly relevant to my life. I'm already a healthy eater, athletically active. I felt healthy. I felt skinny. After trying this out, I felt even healthier. Highly recommend getting this one.

A must have. Everything you need to know about going low carb is in here. A low carb diet is extremely helpful for a healthy living. This book is very well written and nails down the fundamentals of a low carb diet.

I've long been a low carber and thought this book might offer some new recipes to try. I found it odd that the author warns readers that low carbing has been demonstrated to cause serious negative health conditions -- seems like a strange way to market a book on the benefits of low carbing. The author's suggestions regarding the amount of carbs which can be consumed daily is much higher than any recognized low carb plan (i.e. Atkins, South Beach, the Zone) and neither carb counts nor any other nutritional information is provided with the recipes. Not to mention that any book which advises prospective low carbers to consume foods such as bananas and oatmeal cookies is simply not a book for low carbers. Not recommended.

Good

Good

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