



Low carb diet for beginners: The Ultimate 2 in 1 Guide to Low Carbohydrate Eating (Low carb diet, low carb recipes, loose weight)

Julia Gilbert, Jenny Johnson

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Low Carb Cookbook

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2 in 1. The Complete Guide to Delicious Snack Recipes for Weight Loss (low carb cooking, low carb diet, low carb recipes, low carb diet books)

Low Carb Cookbook

Delicious Snack Recipes for Weight Loss

Do you want to add some new recipes added to your cooking repertoire? Would you like to learn some unique ways of cooking low carb foods? Would you also like to know which foods are high in carbs and which ones are not? Well, you have come to the right place!

This book will give you a brief synopsis of what carbohydrates are and how they affect the body.

You will learn what kinds of foods are high in them and which ones are not.

You will also learn what carbs can do to your body if they are consumed too much.

This is an easy to read guide that is fun to evaluate for cooking fanatics.

You will learn about new recipes that you never heard before and recognize old ones from your own mental kitchen.

Once you hear some of these recipe ideas you will be pleasantly surprised at what can be accomplished in the kitchen!

Low Carb Cookbook

35 Delicious Snack Recipes for Weight Loss

Are you trying to lose weight but you can't seem to stay away from the snacks?

Would you like to know how you can stick to your diet and still be able to eat delicious, mouthwatering snacks and desserts without feeling guilty?

Then you should pick up this book filled with over thirty different snack and dessert recipes that will satisfy your sweet tooth, help curb those nightly cravings, and even provide chocolate lovers with their favorite desserts!

You're sure to find at least one dessert or snack recipe that you can add to your daily routine that will help you make better choices throughout the day.

In this book, you'll find the following recipes:


- Chocolate Truffles
- Chocolate Mousse
- Ganache
- Chocolate Swirl Cheesecake
- Chocolate Peanut Butter Bars
- Chocolate Chunk Cookies
- Chocolate Mint Cups
- Roasted Winter Squash Seeds
- Raw Candy
- Coconut Trail Mix
- Honey-Mustard Snack Mix
- Cherry Almond Snack Mix
- Popcorn Snack Mix
- Trail Mix Balls
- Guacamole
- Artichoke and Spinach Dip
- Stuffed Mushrooms
- Hot Pizza Dip

- Hummus
- Dill Dip
- Hot Corn Dip
- Oyster Crackers
- Pickled Okra
- Pina Colada Cookies
- Popcorn Macarons
- Kifli
- Berry Cupcakes
- Chocolate Layered Pops
- Pumpkin Fluff Dip
- Fruit Dip
- Cream Cheese Tarts
- Pudding Cookies
- Key Lime Pie
- Pudding Pops
- Cinnamon Hot Chocolate

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From reader reviews:

Van Gee:

Playing with family within a park, coming to see the coastal world or hanging out with friends is thing that usually you may have done when you have spare time, subsequently why you don't try point that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Low carb diet for beginners: The Ultimate 2 in 1 Guide to Low Carbohydrate Eating (Low carb diet, low carb recipes, loose weight), it is possible to enjoy both. It is great combination right, you still need to miss it? What kind of hang type is it? Oh can happen its mind hangout people. What? Still don't understand it, oh come on its known as reading friends.

Bobby Hall:

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Robin Adams:

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