



Low Carb Living Cookbook Collection 4 In 1: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes

Linda Stevens

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LOW CARB LIVING BOX SET: ENJOY OVER 180 DELICIOUS LOW CARB RECIPES FOR WEIGHT LOSS, ENERGY AND VIBRANT HEALTH STARTING TODAY!

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Low Carb Snacks
Low Carb Desserts
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Are you looking to lose weight?! Do you have diabetes and are looking to control your blood glucose levels?

If so, you may want to consider a low carb diet. A low carb diet has many positive outcomes including: weight loss (even when you are not consciously counting calories), reduced blood glucose for those with diabetes, increased HDL ("good" cholesterol), and decreased blood pressure.

With this Low Carb Living Compilation, you will have access to over 180 mouth watering, easy low carb recipes your whole family will love. Each recipe has been tried and tested and includes a complete nutritional profile. The recipes are also based on whole foods, with no sugar or processed foods at all.

Regardless if you are new to this dietary lifestyle, or have been practicing it for years, chances are that at one point or another you have felt like something was missing. Many people think that going low carb means going without certain things, such as baked goods and favorite desserts. This is absolutely not true. While taking advantage of fresh, whole ingredients and the many flour and sugar alternatives available today, there is a way to create just about any snack or dessert that you may crave.

With these low carb recipes, being healthy is delicious and easy!

Cookies, granola bars, chips, ice cream, bagels and donuts are some of America's favourite snack foods but they are also loaded with sugar, fat and contain very little nutritional value. If you are trying to adhere to the low carb diet, finding healthy, wholesome snacks and desserts may pose a bit of a problem for you. The

recipes outlined in this cookbook all contain ingredients that have a low glycemic index so they won't spike your blood sugar levels; they also contain protein and healthy fats.

Included in this compilation is a large recipe section of excellent low carb, high protein snacks that can be put together quickly and easily. There are snacks, smoothies and desserts for every time of the day from breakfast on the go to midnight munchies, plus recipes that are specifically designed for vegetarians and vegans, as well as those following gluten and dairy free diets.

Lose weight, save time, and keep yourself well. Bring endless flavor into your life, and rejuvenate yourself. Food is the ultimate comfort, the ultimate fuel, and this cookbook eliminates its hassle once and for all!

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Eli Benton:

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