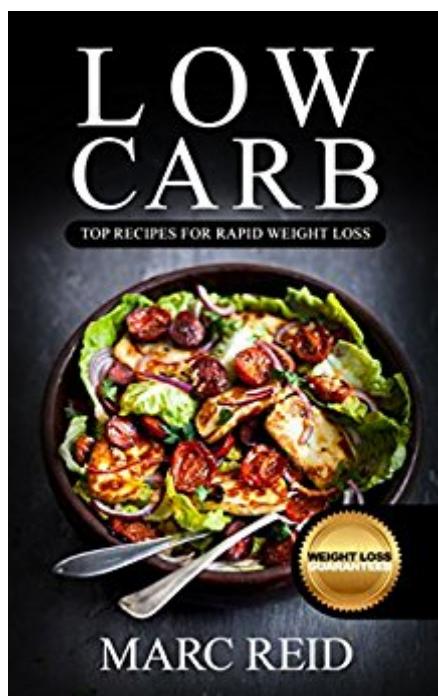


The book was found

Low Carb: The Low Carb Cookbook BIBLEÂ© With Over 350+ Delicious Recipes & One Full Month Meal Plan (1 YEAR Of The Best Low Carb Recipes For Rapid Weight Loss)



Synopsis

If Creative Low Carb Recipes are What You Seek, then Look No Further.Over 350+ Delicious Breakfast, Lunch, Dessert & Snack Recipes & One Full Month Meal Plan included in this Book!Introducing the LOW CARB BIBLE...Why Go LOW CARB?Time and Time again, scientific studies show that people on Low-Carb Diets Lose More Weight, faster, than people on Low-Fat dietsâ | even when the low-fat dieters are actively restricting calories.Why?Because eating FAT does not Make you FAT!Eating CARBS does! By eating a Low Carb High Fat Diet, you are sustained throughout the day. You donâ ™t get the sugar spikes and then sugar crashes. You donâ ™t need the cake and coffee to stimulate you in the afternoon slump.On this diet you'll be getting plenty of Good Fats from cold pressed oils, nuts and seeds,grass fed meat and eliminating all unnatural and processed foods.This book will use a step-wise approach to take you through the Low Carb Diet and further beyond into the practical application of making healthy and super tasty recipes. You will find a FULL nutritional breakdown at the end of each recipes, so you can keep track of your calories & macro's.This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness.Think of the Low Carb like pushing the â ^resetâ ™ button with your overall health, relationship with food and your lifestyle habits.This book will teach you exactly what you need to know about the Low Carb Diet as well as it's many Advantages and Health Benefits.Some of the Profound Benefits You will Experience when consuming these Low Carb Recipes:Accelerated Fat LossIncrease Energy Levels & VitalityAppetite ControlImproved Mental FocusStabilised Blood Sugar LevelsLower CholesterolHormonal BalanceHere's A Sneak Preview Of The Easy-to-Prepare Recipes you will find in this book:Cheesy Low Carb BreadLemon Cheesecake Breakfast MousseBerry Breakfast ShakeCacao and Raspberry PuddingCoco and Blueberry SmoothieCreamy Chocolate MilkBlueberry Almond SmoothieFast Protein and Peanut-Butter PancakesGuacamole Bacon and Eggs BreakfastHemp Muffins with WalnutsMediterranean Pecorino Romano Breaded CutletsOriental Garlicky Chicken ThighsPordenone Cauliflower LasagnaRoasted Lemony Chicken & Prosciutto with Brussels sproutsRoquefort Spinach, Zoodles and Bacon SaladSour Avocado and Chicken MoussakaSpicy Italian Sausage and Spinach CasseroleSquash Spaghetti Lasagna DishSlow Cooker Thai Fish CurrySmoky Pork CassouletSage and Orange Glazed DuckTartar Keto CookiesKeto Strawberry PuddingMinty Avocado Lime SorbetMorning Zephyr CakeSour Hazelnuts Biscuits with Arrowroot TeaWild Strawberries Ice CreamMini Lemon CheesecakesChocolate Layered Coconut CupsPumpkin Pie Chocolate CupsFudgy Slow Cooker CakeEasy Sticky Chocolate FudgeOver 350+ Amazing Recipes, One For Every Day of the YEAR!Purchase this book

at its lowest price and make your Weight Loss journey Effortless!

Book Information

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Customer Reviews

I apologize for longer review. I will be returning this book. Some books are meant only for those who know how to cook and others are good also for beginners. This cookbook is not meant for those beginners who need precise directions as this cookbook takes shortcuts in directions, is inconsistent with how it measures ingredients, is imprecise in instructions, misses ingredients and has sloppy editing. Further, for the beginner low-carb person, there is not a consistent use of ingredients. Upon receipt of this book, it is clear that this is an attempt a self-publishing (no publisher's page) with severe lack of editing. On the second page, the foreword thanks the customer for purchasing a cookbook with a different title. After the Table of Contents and a paragraph intro prefaced with Shakespeare, there is slightly over a page that communicates what the author has stated as the truth about carbs. It reads like a grade school report (minus the required citations). The author also gets off topic in this very short preview including knocking dairy products as a source of dietary sensitivities. While I will concede that there is some truth to this statement as I have a daughter who is limited in what her dairy intake may be, the author needs to provide back up for their accusation.

Ironically, the cookbook uses dairy in several of its recipes. The cookbook is very inconsistent. Sometimes Tbsp is used to represent tablespoon, other times, tbsp. The author will list a capitalized ingredient like Garlic Powder and then show the next ingredient with mixed caps like Onion powder followed by an ingredient all lower case.

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