



Low Carb: 28 Delightful and Tasty Dessert Recipes for Overcoming Belly Fat, Lose Pounds, and Live Healthy (Low Carb Diet, Low Carb diet cookbook, Low Carb diet recipes)

Donna Lee

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Why is it that Low Carb diet finds me conjuring up mental images of people dodging bullets as they run around the park to get fit! The Low Carb diet is a new lifestyle that has been created to make your body resilient to anything. It is easy to follow plan that thousands are already taking advantage of and it is one of the first diets that will provide benefits even if you are not sticking strictly to every point for whatever reason. In this book I intend to provide an understanding into the mechanics behind this diet and the health benefits that can be attained from giving it a go.

I hope that you find the information contained herein easy to understand and that it encourages you to take that final start to a fabulous new you!

The topics covered will be as follows:

- Understanding the Low Carb diet
- Eating a Low Carb food
- Following the Low Carb Diet yet not getting the results you desire?
- Low Carb Coffee
- Low Carb Tasty Dessert Recipes

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Michelle Gilbert:

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