



Low Carb: Proven Low Carb Homemade Cookbook That Will Help You Lose Weight Without Starving! (Paperback)

By Hannah Parkes

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you looking towards type 2 diabetes reversal and other health benefits? Do you want to know the best low carb diet to follow? Or the common mistakes to avoid in low carb dieting? Then a low-carb diet could be right for you. Inside this book, you will learn: 1) The basics of low carb diets 2) How low carb diets work 3) The proven medical and health benefits of low carb diets 4) How to avoid the most common mistakes associated with low carb dieting 5) The most effective ways of to go on a low carb dieting 6) The general approaches to a low carb diet 7) Proven low carb homemade cookbook that will help you lose weight without starving. 8) Why you should choose low carb dieting over low carb dieting. 9) The low carb shopping list for beginners. 10) How to start low carb dieting the right way. Just like the name suggests, this book centers on the consumption of very low amounts of starches and sugars like bread, rice, pasta, potatoes, fruits, and desserts, and encourages...

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