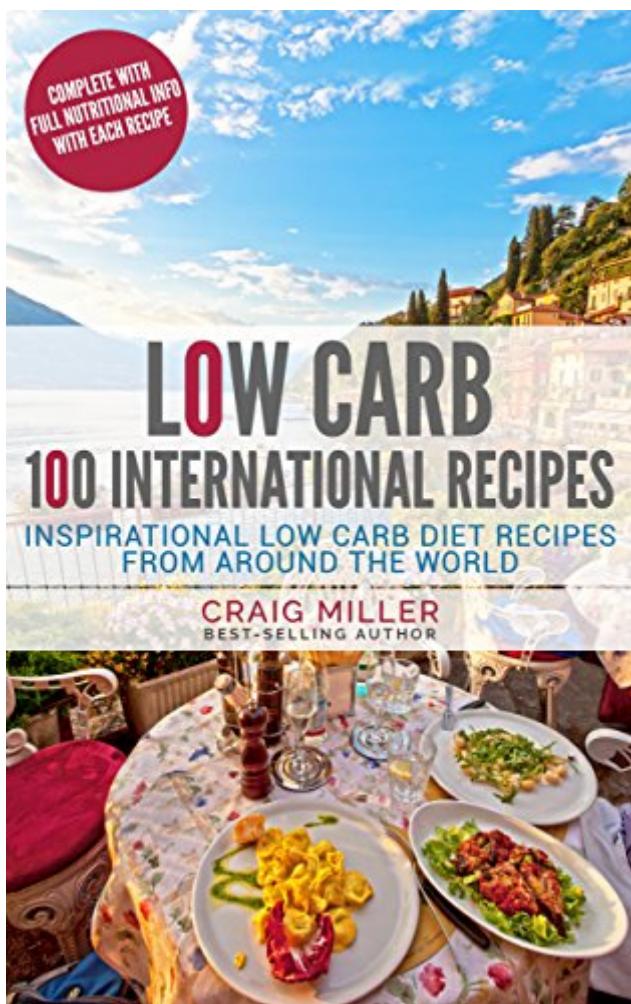


The book was found

Low Carb: 100 International Recipes - Inspirational Low Carb Diet Recipes From Around The World



Synopsis

Are You Tired Of Boring Low Carb Cookbooks And Want To Add A Little Spice To Your Life? Imagine Having Tasty Low Carb Recipes From Around The World Along With Full Nutritional Information In One Easy To Read Cookbook...This Book Could Be The Answer You're Looking For...Low Carb: 100 International Recipes - Inspirational Low Carb Diet Recipes From Around The World! Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that it is actually simple carbs such as sugar and pasta's that are making us fat and unhealthy. By removing simple carbs with healthy fats and protein, the low carb diet forces your body to become a fat burning machine! As a result, you will automatically lose weight, increase your mental focus and decrease your appetite. This book is designed to take all the hassle out of low carb dieting by providing inspirational easy to make low carb recipes from around the world with all the nutritional information you need. With Low Carb: 100 International Recipes You Will Get...A Detailed Macro and Micro Nutritional Information For Every RecipeCooking And Planning Times To Locate The Quickest And Easiest RecipesOver 100 Recipes From Around The World for Breakfast, Lunch, Supper, and SnacksA Straight Forward Explanation on the Low Carb DietThe Benefits Of Easy One Skillet CookingLearn How To Make These Delicious Recipes: Quick Beef PhoIndonesian Grilled Sambal ChickenCheese Chicken ChiliGarlic and Thyme Chicken BreastsChicken and Chorizo SoupApple-Cranberry Turkey BosomPad Thai Chicken with Veggie NoodlesGrilled Lamb Chops with Eggplant SaladGreek Stuffed ChickenHerbed-Port Pot CookKimchi ChickenWasabi Salmon BurgersKung Pao MeatballsItalian Hazelnut CookiesÃ¢ Ã¢ Ã|And Much, Much More!Get started on making delicious low carb international recipes by getting your copy today!

Book Information

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Customer Reviews

Actually, I had read various low carbohydrate recipe books before, but this cookbook is one of my best reads. Here I have found a huge collection of healthy and delicious recipes. It is true that trying to be healthy is hard and sometimes confusing. This book just closed my eyes and now I have understood how easily I can add spice in my life. After learning these recipes I didn't want to check it out and last night I tried some recipes that I learned from this cookbook. Just trust me those were really easy to cook and very delicious. Don't forget to grab this book and learn plenty of inspirational easy to make low carbohydrate recipes. This is my honest opinion about the quality of this cookbook.

I decided to put myself on a low carb diet several months ago after experiencing a variety of health issues. The results have been drastic. This book hits the nail on the head right from the start, in the intro. A low carb diet will definitely: Increase Your Energy, Kickstart Your Weight Loss, Lower Blood Sugar Levels, Curb Your Appetite, Lower Bad Cholesteroll can state that these claims are 100% true. I have seen a significant improvement in my overall health. There is also a nice mix of additional information at the beginning of the book. As the intro states, the book is divided into four parts: Breakfast, Lunch, Dinner, Snacks. The recipes are incredibly detailed and specific, with prep time, cook time and nutritional value listed for each recipe. I found this extremely valuable when preparing the recipes. This is a wonderful book to use as an introductory guide to eating a low carb diet, but it is also beneficial for anyone who has been on a low carb diet for a while.

Recommended!

This is a great cookbook on Low Carb. All of the things, tips and recipes that I need to know about Low Carb are already included and well-illustrated inside. Craig Miller has done an incredible awesome job in compiling and creating this book of Low Carb. Also the unique part of this book is the compilations of the 100 International Recipes. Very helpful, healthy, delicious and easy to prepare. This book is really a great resource for those who want to learn more about Low Carb. The book is worthy of attention! I highly recommend this book to all. With that, I'd like to give this book a Very High and Amazing 5-Star.

This is a detailed meal plan for the low-carb, real-food based diet. What to eat, what not to eat and a sample low carb menu for one week. The low carb, real food based diet involves eating natural, unprocessed foods with a low carbohydrate content. There is a lot of scientific evidence that this type of diet is the best option for people who want to lose weight, optimize health and lower the risk of disease. This is a very well presented book with good diet information.

When I try to make some healthier meals I am usually met with a lot of complicated recipes, with all the ingredients that are not easy to get. In this book you can save a lot of time and combine some meals, like only low carb meals, or something international, like Indian/Thai food that can be made really easy. Book provides a lots of information on the diet or if You want to reduce carbs. This book has wide view of recipes, try it!

This book offered readers a little bit of everything within one book. It gave the reader easy to follow instructions on how to start a healthy lifestyle change to loose weight. The diet seems to be working for me as I have already lost 2 pounds in one week. It's also realistic and has been easy to stick with. This book provides great recipes to a more healthy way of eating.

I am really impressed when I read this book. The author did an excellent job and also written very well. Thanks author for creating us a new very important book for all of us!

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