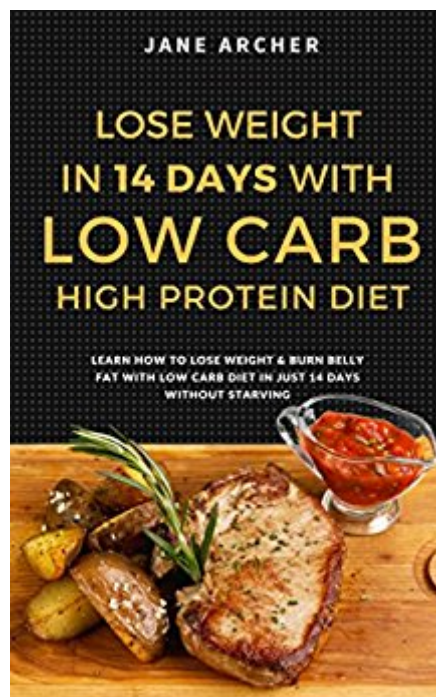




The book was found

Low Carb: Ultimate 14 Days Plan For Weight Loss With Low Carb High Protein Diet (low Carb For Beginner's)



Synopsis

Burn Your Extra Body Fat With This Ultimate 14 Days Low Carb High Protein Diet Plan Do you want to look as great as you look in your high school period, feel confident and adopt a diet that works? If your answer is yes! You should read further because people get bored after adopting diets that don't work and give up on their dream of looking slim and fit. People who read this book... This book has turned into a great resource for me. - Rachel Berry (Verified Purchase) The low carb diet that more people will surely love. - Madonna (Verified Purchase) An awesome grab. This book is written very well and easy to understand. - Matthew McCoy (Verified Purchase) Love this low carb diet plan and I am super amazed by the result - Lynn Lowery (Verified Purchase) About the book: This is the Ultimate & Alpha Low Carb diet cookbook to trim your fat down and make you look the best version of you. You will learn while carbohydrates are great, the greatest problem is that our diet is too high in carbohydrates. This book burst all the myths we have been told growing up about carbohydrates, for example: Carbohydrates are the body's main source of energy and owing to these; over time, we have increased our carbohydrate intake because of the great importance placed on carbohydrates. You will get...? 1. You will have specified low carb diet Menu for you (All meals) 2. This book will explain what it is 3. how it works 4. how it is beneficial, and 5. 14-week meal plan to help you get started with the diet. Benefits? 1. Lose up to 10-15 pounds in 14 days 2. Decrease in stress level 3. Belly fat reduction 4. Lose fat and inches fast with out heavy workouts 5. Increase in energy level through out the day 6. Kick off Insomnia and sleep better at night 7. Look younger 8. Complete 14 days diet plan to get you started 9. Understanding your body needs much much more... USE "LOOK INSIDE" FEATURE BEFORE YOU BUY!! MAKE YOUR BEST DECISION!

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Customer Reviews

Hi This is a nice book about low carb dieting. It's straight and to the point and produces a good variety of tasty low carb diet recipes which you can take to help with the dieting process. The low carb diet is a popular way to lose weight because when carbs are low, insulin levels are low too which helps with weight loss. But the challenge is that it can be boring and difficult to follow a low carb diet. So what I like about this book is that it provides a good variety of low carb diets. So if you are interested in trying out the low carb diet then check out this book.

Easy to follow.

I was not impressed

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