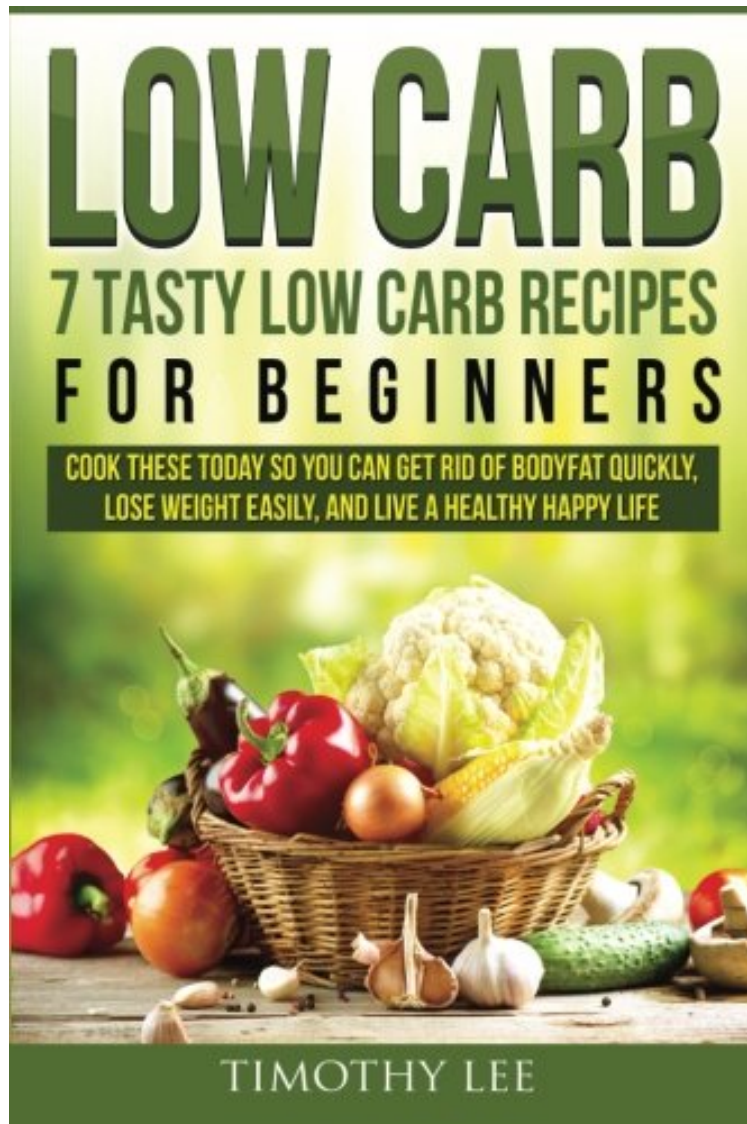


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## **Low Carb: 7 Tasty Low Carb Recipes for Beginners: Cook These Today So You Can Get Rid of Bodyfat Quickly, Lose Weight Easily, and Live a Healthy Happy Life**

*Timothy R. Lee*

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7 Tasty Low Carb Recipes for Beginners To Cook Today So You Can Get Rid of Bodyfat Quickly, Lose Weight Easily, and Live a Healthy Happy Life! FREE BONUS WORTH \$17 INSIDE! You're about to discover proven steps and strategies on how to create delicious low carb dishes that will help you lose weight and develop healthy eating habits. Losing weight is 80% nutrition and 20% exercise. A low carb diet is much easier to stick to compared to other food regimens since you will not be required to skip meals or starve yourself. This ensures that your body's nutrition requirements are not sacrificed in your quest to maintain a good figure. A low carb diet aims to help you lose weight by restricting the amount and type of carbohydrates that you eat while giving emphasis on fat and protein. It stimulates the body to use fat as fuel source instead of burning carbohydrates. You will want to adopt the low carb dieting food regimen if you want to improve your eating habits or enjoy the amount and types of food that are included in this diet. Aside from weight loss, a low carb diet may also help improve or prevent serious medical conditions such as metabolic syndrome, high blood pressure, diabetes and cardiovascular disease. It may also have a positive effect on your blood cholesterol and sugar levels. This book reveals powerful information on low carb dieting as well as 7 tasty low carb recipes anyone can start today. The book will provide you with everything you need to know to be a success and finally achieve your dream of dropping the fat through low carb dieting. Grab your copy today and make your dream body a reality! Here Is A Preview Of What You'll Learn... Low Carb Diet 101: Introduction to the Low Carb Diet How the Low Carb Diet Works What to Eat and What Not to Eat? 7 Low Carb Recipes That You Should Try Much, much more! See What Other's Have Been Saying About this Amazon Best Seller: "I easily get overwhelmed with cookbooks that have tons of recipes with a million different steps. So much so that I will just avoid those cookbooks. But this one is straight, short and to the point. 7 recipes for tasty low carb foods. It starts with the basics of a low carb diet then moves on to providing some tips. Finally the recipes... They look simple and delicious - easy enough for even me to attempt!" - Athena. FOUNDER OF THE STUFF OF SUCCESS/AMAZON HALL OF FAME TOP 100 REVIEWER "If you're considering a low-carb diet for the purposes of weight loss, this simple resource would be one step toward eating a bit better and shedding some pounds." - Spencer. AMAZON HALL OF FAME TOP 100 REVIEWER "Healthy, easy, and delicious - this is a terrific start for beginners (and for those who have been searching for some truly fine new culinary delights" - Grady Harp. AMAZON HALL OF FAME TOP 100 REVIEWER Take Action and Purchase Your Copy Today!