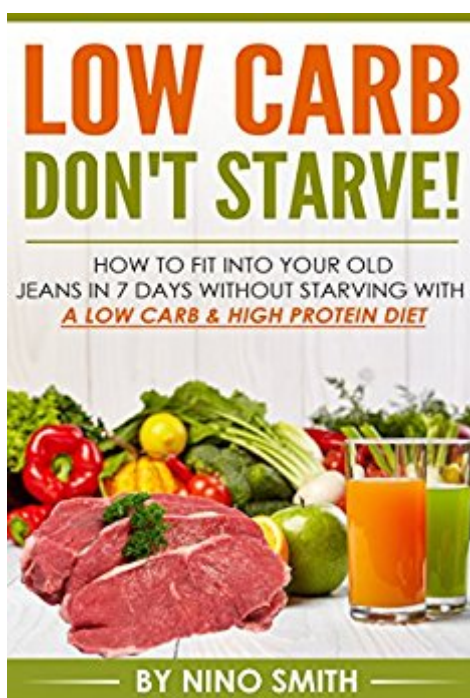


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# Low Carb: Don't Starve! How To Fit Into Your Old Jeans In 7 Days Without Starving With A Low Carb & High Protein Diet (low Carb Cookbook, Low Carb Recipes, Low Carb Cooking)



## Synopsis

Read on your PC, Mac, smart phone, tablet or Kindle device RIGHT NOW. As you may already know: Most diets don't work! Why? Because many diets simply restrict eating and to simply put, our brain doesn't like that. It's too painful to starve day after day, and week after week. So what happens is that many of us then give up on the diet because staying hungry all the time doesn't seem to be the solution. Living the Low Carb lifestyle instead gives you an easy way to live your life enjoying food and eating as much as you wish to. But Low Carb has also a lot of health benefits. Currently, our diet is so high in carbohydrates that it is no wonder we are dealing with a wide array of lifestyle diseases like diabetes, high blood pressure and heart disease among others. While carbohydrates are great since they are the main source of fuel for your body, the excess consumption of carbohydrates that we are notorious for is not good for you. Therefore, if you want to reset your body and lose a few pounds while you are at it, a low carb diet is good for you. This book is a Must Have for You: If you want to have a jumpstart to the Low-Carb-Lifestyle If you want to lose weight fast but don't want to lose any more time If you want to have the most basic and proven recipes so you can immediately use them to lose weight fast I know many people say how important carbohydrates are, which I am not disputing. What I am disputing is taking a diet that is rich in carbs especially refined carbohydrates. If you want to learn more about a low-carb diet, this book will provide all the information you need and much more. You will learn what a low-carb diet is, how many daily carbohydrate grams you need to take in a day, what you need to eat more and what intake to reduce as well as some tasty recipes to get you started. Scroll Up & Download Your Copy Now!

## Book Information

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## Customer Reviews

Before you start with any kind of diet plan it's very important that you have collected the necessary information to make it more effective to you. Now, this book is a great tool to have a better understanding why a low carb diet can work for you. What to eat and what not to eat. Plus, the low carb recipes that you'll surely enjoy. Nice!

I never knew that it is possible to lose weight without starving. I've been starving myself all along but I only get slow result. I tried the steps just for days and I saw the difference within days. This book is the best for those who want to lose weight without starving. This is effortless yet very effective. I love the recipes. It's yummy yet healthy! Highly recommended. Try this out!

Thanks

### GREAT ADVICE

Low carb makes me starve! My mind is set this way. I don't have any plans at first to get this book since the tummy disagrees not to eat more with carb. It was a real challenge for me. However, when I read it, my tummy smiles. Great recipes are provided that wont surely make you starve.

I work all of the time at my computer. I rarely get up and when I do get up it is usually to get something to eat. This is why I bought this book. I really need to pay attention to foods that have very low carbs because I really don't want to grow a really big fat ass. This book gave me lots of tips and ideas for foods that I can eat when I am at the computer. If you work at the computer most of the day, then this book is a must

I found this book very interesting. I have been exploring all sorts of different weight loss diets and trying to decide on the best thing for me. This book gives a very good explanation of the low carb diet and gives guidance on how to do the diet properly. The recipes are also very useful to help you understand what sort of meals you need to eat in order to achieve the correct macro-nutrient ratios.

Yes

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