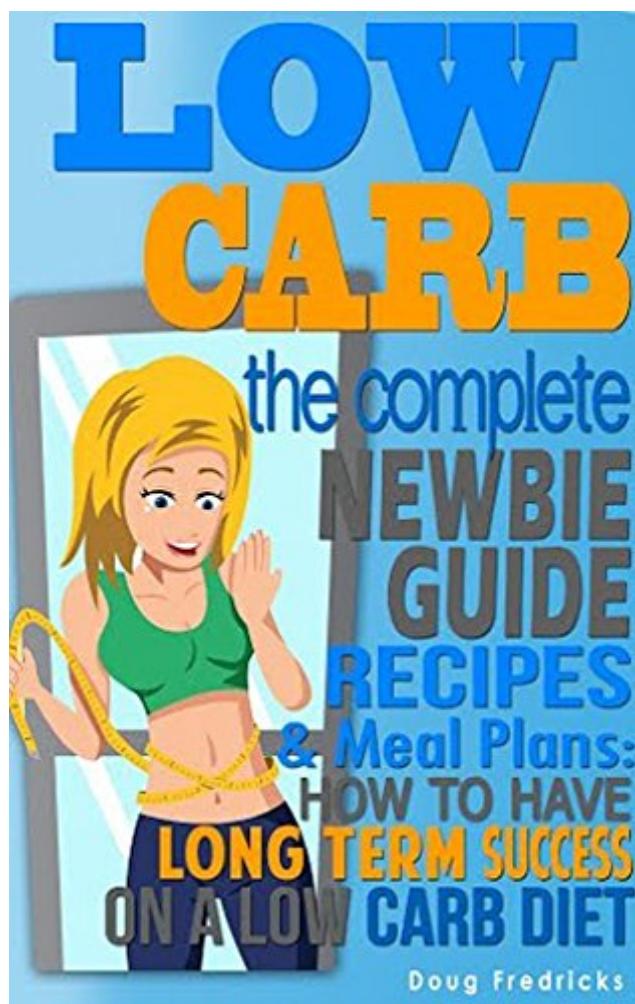


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# **LOW CARB: The Complete Newbie Guide: Recipes & Meal Plans: How To Have Long Term Success On A Low Carb Diet (Weight Loss, Atkins Diet, Appetite, Fat Loss, Low Carbohydrate)**





## Synopsis

Losing Weight & Reducing Appetite Just Got Easier...Do you struggle to lose weight? Have you tried multiple diets only to fail? Do struggle with stubborn body fat? Have you avoided dietary fat, just to gain more weight? Is your appetite insatiable? There are hundreds of different diets available, the majority of them work on the basis that eating less calories than your body requires will result in weight loss. It is certainly true that this approach, combined with exercise, should have the desired effect. Unfortunately, everybody is different; to be really successful at weight loss it is essential to understand a little more about how the body works. Knowing the effect of the food you are putting into your body will make it much easier to both choose the right food and to lose weight successfully. The low carb diet has been in an existence for many years and is geared towards avoiding processed foods and eating whole foods which is what humankind has been doing since the dawn of mankind until recent decades...Ready to lost weight? Let's get Started...Secure Your Copy Today..Scroll to The Top & Selecting Buy Now w/ 1 ClickNote: No Kindle Device? No problem. When you scroll to the top to purchase, simply select the drop down menu titled "Deliver to:" and select "Kindle Cloud Reader" from there you'll be taken to the cloud reader. You can also download the Kindle app on any smartphone or tablet. In that case; simply download the app and sign in from your device. Your book will be waiting for you inside.

## Book Information

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## Customer Reviews

The book is going to help me to maintain a good shape and figure for a long time and the feeding that I need has been well documented and promotes the prevention of processed sugars and Calories if the results are to be maintained for a reasonable time. So eating whole foods consumption is nice Idea to my good health.

This book does not offer only a collection of recipes, but also a real action plan for making the low carb diet work. I really like the 28-day meal plan presented in a table with day to day suggestions of food. I guess itâ™s sensible to follow a strict plan such as this for 28 days. I find it more realistic than the usual crash diets. The recipes also offer tasty meals. I can see myself following this diet.

My husband and I both need to lose weight and thought the low carb diet would be the easiest to follow. I just needed something to read to get me on track and have some recipes. So far so good. It has an introduction and how to incorporate the low carb into your lifestyle, it actually is really easy and I am full all the time. Lots and lots of recipe and also a meal planner if you want to use one, good for 28 days. This is a really nice book for starter, nothing fancy but works for me!

The cookbook includes the number of calories and other nutrition information such as fat and carbs for anyone who doesn't use the point system, then also gives points as values for those that do. The recipes are great, the book is a binder-style cookbook with helpful colorful tabs, and it includes lots of tips.

Terribly printed - some paragraphs are impossible to read because the print is smudged or missing. Huge swaths of white space on every page - this could have been a 30 page booklet. No citations for any of the health claims made. Formatted awfully - sometimes headers are at the bottom of the page for the next section. Recipes are poorly written and have no formatting standard. If this wasn't something someone wrote on Google Docs and printed on their home computer, I'll eat my shoe.

This was extremely easy to read and understand. I've read A lot of diet.books and am usually left confused. I would recommend this book to everyone. The author explains everything clearly and his grammar is perfect.

This book was a waste of money. If you are a diabetic trying to get the hang of eating correctly, you won't get much from this source. Some of the information was inaccurate according to a diabetic nutritionalist.

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