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Low Carb Snacks: Healthy And Delicious Low Carb Snack Recipes For Extreme Weight Loss (Low Carb Living Book 6)



Synopsis

ENJOY EASY AND DELICIOUS LOW CARB SNACK RECIPES FOR EXTREME WEIGHT LOSS STARTING TODAY! Cookies, granola bars, chips, ice cream, bagels and donuts are some of America's favourite snack foods but they are also loaded with sugar, fat and contain very little nutritional value. If you are trying to adhere to the low carb diet, finding healthy, wholesome snacks may pose a bit of a problem for you. The low carb snack recipes outlined in this cookbook all contain ingredients that have a low glycemic index so they won't spike your blood sugar levels; they also contain protein and some type of healthy fat. Included is a large recipe section of excellent low carb, high protein snacks that can be put together quickly and easily. There are snacks for every time of the day from breakfast on the go to midnight munchies, plus recipes that are specifically designed for vegetarians and vegans, as well as those following gluten and dairy free diets. The recipes are also based on whole foods, with no sugar or processed foods at all. And none of the recipes in this book involve more than 10g of carbs per serving! This snack cookbook outlines 37 delicious, low carb snack recipes that are super easy to make and will effectively ease your hunger pains in between meals. Choose from tasty recipes such as the Spicy Mexican Lettuce Wraps, Vegan Stuffed Mushrooms, or Sweet Potato Nachos. Lose weight, save time, and keep yourself well. Bring endless flavor into your life, and rejuvenate yourself. Food is the ultimate comfort, the ultimate fuel, and this cookbook eliminates its hassle once and for all! SCROLL UP AND CLICK BUY TO DOWNLOAD YOUR COPY INSTANTLY Just to say Thank you for checking out this book I would like to give you a FREE report - Weight Loss Metabolism Secrets: Discover the Secrets to Firing Up Your Metabolism to Achieve Lasting, Natural Weight Loss. Go to weightloss-tips.ca to grab your free copy now!

Book Information

File Size: 5681 KB

Print Length: 122 pages

Simultaneous Device Usage: Unlimited

Publisher: The Fruitful Mind (June 21, 2015)

Publication Date: June 21, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B0105DIGP2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #58,529 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #33 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes #34 in Kindle Store > Kindle eBooks > Medical eBooks > Diseases > Diabetes #35 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

Sometimes, the whole world of snacking seems to be based on the one thing youTMre supposed to limit: refined carbs. Even the "healthier" packaged items, like granola bars, smoothies, and crackers, are full of them. If you look past the vending machine, though, you'll find plenty of other tasty options, like these smart snacks. The best part? They're as easy to toss together as they are delicious. Very good recipes and love having the carbs and fats listed. I've gotten a cookbook that doesn't list any of those things. I tried some recipes from this book and they are really delicious and they are so easy to follow. My favorite so far is High Protein Almond Muffins. Delicious! Highly recommended for health conscious person.

This is how you craft a recipe book. Someone who cares about her audience and providing nothing but quality recipes. I appreciate it. Thank you!

Great ideas, I was getting tired of the same old low carb thing!

Full of great snack ideas indeed. Must have!

Interesting take on low carb snacks.....love the cheese crackers and will make. For people serious about snacking while eating a low carb diet.

Looks good. Experimenting with different diets and this book offers interesting recipes.

Very fun book. Some new ideas. Always looking for new low carb snacks to try. Great find, glad I bought this book.

as described

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