



## Low Carb Diet Box Set 2 in 1: Lose Weight Fast with 36 Amazingly Delicious Low Carb Salads and Casseroles: (Low Carbohydrate, High Protein, Low Carbohydrate Foods, Low Carb, Low Carb Cookbook) (Paperback)

By Nichole James

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Low Carb Diet BOX SET 2 IN 1: Lose Weight Fast With 36 Amazingly Delicious Low Carb Salads and Casseroles BOOK #1: Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles Whether you re trying to lose weight, manage an illness, or simply trying to set out on a healthier life path, a low carb diet may be just right for you. In this guide, you will learn the benefits of low carb foods, as well as the appropriate items to consume when on the low carb diet. In this book you will also learn 21 satisfying, healthy, creative, and scrumptious low carb casserole recipes. BOOK #2: Low Carb Diet: 15 Healthy and Delicious Low Carb Salads to Lose Weight Fast Low carb diets, like South beach and Atkins, have been all the rage in recent years-so what s all the fuss? Why does a low carb diet work, with proven results? With Low Carb Diet: 20 Healthy and Delicious Low Carb Salads to Lose Weight you will learn the science behind low carb diets, the health benefits...



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