



Low Carb Diet BOX SET 3 IN 1: How to Lose 10 Pounds in 10 Days + 70 Easiest Low Carb Slow Cooker Recipes: (High Protein, Low Carb, Low Carb Slow Cooker ... cookbooks, low carb high protein diet)

Maaya Takahashi, Lisa Gellar

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BOOK #1: Low Carb High Protein Diet. Lose 10 pounds in 10 days. 10-Day Low Carb & High Protein Diet for Permanent and Healthy Weight loss

There are many diets out there, each promising you the same results: You can lose weight with ease, and be able to keep it off for good. Some work, some don't. And many come and go. However, there's one diet that has good results and has been around for quite a while. That diet is the low-carb, high-protein diet. In this book, you'll learn all about this lifestyle. How does it work? What are the risks? What should I eat? Can I really lose ten pounds in only ten days?

In Low Carb High Protein Diet, the facts will be broken down so that anyone can understand. You'll learn about this diet and how you can lose ten pounds in only ten days. In addition, you'll find great recipes that you can fix that are tasty and can fill anyone up. You'll also find dieting tips and more. So let's get started and get dieting.

BOOK #2: High Fat & Low-Carb Recipes. Top 20 Easy & Healthy Slow Cooker Recipes For Rapid Weight Loss

Losing weight can be difficult, and all those recipes that take forever to make are not a big help when it comes to the busy, every day person. Don't fret! This book is filled with recipes that will help you lose weight as well as keep you satiated. They're all recipes that can be done in the slow cooker, so that you can start it before you go to work or whenever you have time. Then you don't have to worry about having dinner on the table in the evening because it's already cooked!

BOOK #3: Low Carb Diet: Delicious Way To Lose Weight!: 35 Easiest Low Carb Slow Cooker Recipes

Low carb diets are prevalent in today's society, but many people feel overwhelmed by the thought. Carbs are in practically everything, so how do you know what you can and can't eat?

Low Carb Diet for Beginners is your healthy guide to being successful at a low carb diet. Offering 25 low carb and healthy recipes that are fast to make and easy to follow, this book is exactly what you have been looking for.

Whether you are a beginner who is just starting to explore the realm of low carb dieting, or if you are a seasoned chef that is well versed in the technique of low carb cooking, this is the book for you.

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Bettye Heinrich:

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