



Low Carb Recipes: 50 Low Carb Lunch Recipes for Successful Weight Loss in 2 Weeks (Paperback)

By Mathias Müller

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Lunch first and foremost needs to taste good to provide the necessary energy for the rest of the day. Low carb cuisine is evidence that a small amount of carbs can still easily cover this need for physically strenuous jobs. With this diet concept, eating a delicious, balanced meal without feeling hungry and finally reaching your weight goals is no longer an old dream. This cookbook is a practical introduction to Low Carb for those who are interested without having to research the theory of a low carb cuisine. It clearly focuses on trying and experimenting. The cookbook is divided into a total of 5 categories with 10 recipes each. All recipes clearly show the preparation time along with the difficulty and the nutrients. Most recipes were chosen so they can easily be prepared by novice cooks yet still offer clever highlights to ambitious amateur chefs. The ingredients are available at any supermarket so that you don't need to run from store to store looking for special foods. The five categories are Vegetarian Recipes Meatless recipes have long...

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