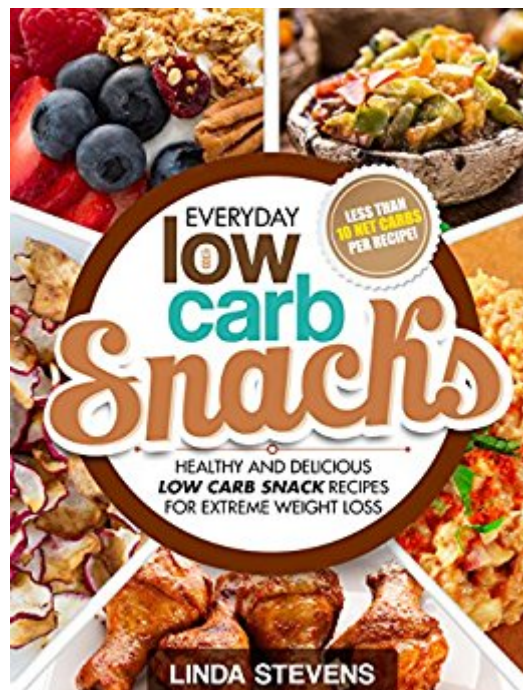




The book was found

Low Carb Snacks: Healthy And Delicious Low Carb Snack Recipes For Extreme Weight Loss



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!

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Customer Reviews

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!

Low Carb Snacks: Healthy and Delicious Low Carb Snack Recipes For Extreme Weight

Loss Besides the introduction the book is divided into sections for early, midmorning snacks, and other times of the day and night. Each recipe has a color photo along with a brief description of the dish. Servings, prep time and cook time along with ingredient list. Not all have a photo but there are also dessert and drink recipes. Detailed instructions on how to make and also a list of some nutritional information. It lists fat but doesn't break it up into good or bad. Some of the protein bars I'd like to try after we locate some of the ingredients as they are ones we've yet to use. Some of the recipes are vague on what a serving is. Other works by the author are highlighted at the end.

Sometimes, the whole world of snacking seems to be based on the one thing you're 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.

Great recipes for low sugar meals. E-book, so really fast delivery. .Love It!

Thank you, AAA+++

Not anything I can utilize.

Disappointed, most of the things in here are more of a meal than a snack! Wishing I could send back!

Please be aware that the nutritional charts in all these recipes count NET carbs, not all carbs. Not very useful as a diabetic.

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