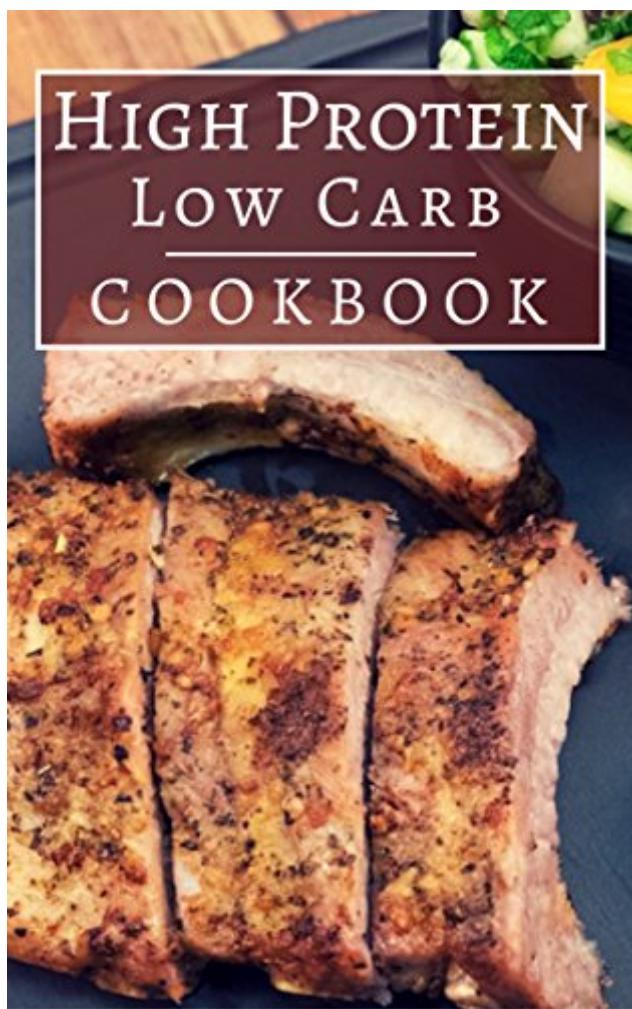


The book was found

High Protein Low Carb Cookbook: Delicious High Protein Low Carb Recipes For Helping You Burn Fat



Synopsis

Includes Delicious Low Carb High Protein Recipes For Helping You Burn Fat And Building Muscle!Get This High Protein Low Carb Cookbook For A Limited Time Discount (50% off)The low carb high protein diet is one of the most proven and effective diets for losing weight. The over consumption of carbohydrates is one of the main reasons why many Americans are overweight. While consuming less carbs will help you lose weight, consuming more protein will help you build muscle. It is well known that building muscle is key for boosting your metabolism, and will help you keep the fat away. It can be very hard avoiding high carb foods in todayâ™s world. This low carb high protein cookbook will provide you with alternative low carb bread recipes, that will help you reduce your daily carbohydrate intake. Here are some helpful low carb dieting tips:â¢Include vegetables and lean meats (fish and chicken) in your diet. Most vegetables and meats contain low amounts of carbs, and can control your appetite.â¢Avoid starchy foods like pasta, potatoes, and rice. These foods have high amounts of carbs!â¢Stick to drinking water, most other drinks like juice may include sugars that you may not be aware of. Not only are these recipes delicious but they are perfect for low carb dieters who want to build muscle and workout on a regular basis. The recipes in this cookbook are all low carb and high in protein, and contain little or no sugars. Good luck and we hope you enjoy these delicious low carb high protein recipes!

Book Information

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