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Low Carb Living Cookbook Box Set: Low Carb Recipes For Breakfast, Lunch, Dinner, Snacks, Desserts And Slow Cooker



Synopsis

LOW CARB DIET BOX SET: ENJOY OVER 120 DELICIOUS LOW CARB RECIPES FOR EXTREME WEIGHT LOSS STARTING TODAY RECEIVE A HUGE DISCOUNT (OVER 75%) WHEN YOU BUY ALL BEST SELLING LOW CARB LIVING BOOKS TOGETHER. Low Carb Living Vol. 1 Low Carb Living Breakfast Time Vol. 2 Low Carb Living Dinner Time Vol. 3 Low Carb Living Slow Cooker Vol. 4 You will have access to over 120 mouth watering, easy low carb recipes your whole family will love. Each recipe has been tried and tested and includes a complete nutritional profile. You can enjoy these recipes day after day and never have to worry whatâ™s for dinner again! Each recipe included in these books contains less than ten grams of net carbohydrates per serving. The tasty recipes in this box set include: Hearty Breakfasts Breakfast Smoothies Breakfast Sweets Appetizers and Starters Side Dishes Chicken-based Dishes Beef-based Dishes Pork-based Dishes Fish-based Dishes Vegetarian-based Dishes Slow cooker Recipes Chilies and Soups Desserts Snacks Are you looking to lose weight?! Do you have diabetes and are looking to control your blood glucose levels?! If so, you may want to consider a low carb diet. A low carb diet has many positive outcomes including: weight loss (even when you are not consciously counting calories), reduced blood glucose for those with diabetes, increased HDL ("good" cholesterol), and decreased blood pressure. You will never get bored again! Your eyes will no longer search for the bread bowl! Work with these books as your guide to make textured, layered meals that rev your metabolism and burst you forward into a rejuvenated, more exciting lifestyle. Watch your hunger disappear and your waistline fizzle. Youâ™ll ask yourself why you didnâ™t go on a low-carb diet years ago; you thought it was a fad, sure. But these books show you: it is a proven, scientific, and tasty way in which to live the rest of your life. Best part: Your family will absolutely love these recipes too. Fuel your summer with lively salads; render warmth to your fall with fabulous, sleep-inducing stews. Allow your body to reap the rewards of the low-carb lifestyle, and allow your mind the reassurance that you are living healthy. With these low carb recipes, being healthy is delicious and easy! SCROLL UP AND CLICK BUY TO ORDER YOUR COPY INSTANTLY

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Customer Reviews

When I saw this set of 4 low carb books for every meal and snacks too, I simply had to buy it. The set is wonderful. There are so many choices that it's hard to pick one favorite recipe of all that I've tried so far, but I guess it would be the Sugar Free Moo Shu Chicken. This author includes delicious appetizers, hearty breakfasts that provide a lot of energy, nourishing sides and a huge variety of dinners in their own sections: chicken-based, beef-based, fish-based, pork-based and vegetarian-based. I also love her smoothies and her slow cooker recipes are great too. Linda covers everything from A to Z. I highly recommend this 4-book set of Low Carb Living recipes. This book is just awesome! I highly recommend this!

Expecting a boxed set based on title. Only one book with different sections for the different "books". No index. However, there are a variety of recipes. The two that I have tried so far were a success.

This was advertised as a "boxed set", but was one book. Has good recipes, so it was a good purchase for me.

I love this set. Trying to maintain a carb-free diet, while adding some new, interesting dishes into the mix, has been difficult. This set was really what I needed. I liked it so much that I bought a set for my daughter, and put it on my tablet, too!

I'm so disappointed with this purchase. I bought it specifically for snacks and desserts. There are only 5 dessert recipes and 7 snacks. There are maybe 125 recipes total, which means each of the four books in the box would have about 30 recipes. Bright side - some of the recipes look good! I just really expected much more.

These books are great from total living all way through the meal plan. Already had one of the books

that was excellent so It was simple when Linda offered the rest of these in a bundle pack! Thanks again for great recipes and instruction with a fabulous deal!

I like the recipes in this book, but I think it's deceiving to call it a "boxed set." It's really just one 250-page volume with various sections.

great resource for low carbing

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