

The Low Carb Diet Recipe Cookbook: Over 300 Healthy Meals

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The Low Carb Diet Recipe Cookbook: Over 300 Healthy Meals Going on a low carb diet? This eBook contains over 300 recipes to help you prepare healthy, nutritious and delicious low carbohydrate meals. Servings for each of these recipes range between 2 to 50 gm of carbohydrates. Here is a list of the types of meals you can prepare and enjoy * Breads * Breakfasts * Syrups / Sauces * Meals * Holiday Delectables * Rhubarb N Things * Delicious Asparagus Nthings * Scrumptious Spinach N Things * Soups * Salads * Miscellaneous * Meats * Poultry * Seafood * Various Ground Meats * Desserts (Candy) * Pies * Cheesecake * Cookies * Cakes & Muffins * Desserts * Jell-O / Pudding * Ice Cream * Spreads Along with cooking instructions, helpful tips are included.

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