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Peter James

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Losing Weight

The Low Carb Way

Cookbook

100 Protein-Rich Recipes



Peter James

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worth my time, and all praised *Losing Weight the Low-Carb Way: Cookbook with 100 protein-rich recipes: Dinner Recipes - Stir fried Dishes - Vegetarian Dishes - Smoothies*:

3 of 3 people found the following review helpful. Some kind of diet more effective. By Elsea I was looking for simple low carb recipes using real and tasty ingredients. And this book outlined the most important information about low carbohydrates, like what they were and how they effect our health. I enjoyed all the recipes so much because they were easy to follow and I had most of the ingredients in my household already so that was a plus. This diet is in normal way to lose weight. I have tried many diets and programs before and always go back to low carbing to lose weight. This book provided various recipes that I need to cook for breakfast, lunch and dinner while in a low carb diet. They told me that I need to eat low carb foods to lose weight fast. This book taught me what the foods that are in low carb are. There are also recipes that are very useful and healthy when you are in low carb diet. 1 of 1 people found the following review helpful. Highly recommend! By Allexandria Way After reading Peter James book, I changed my diet to only include the foods that he listed in the book. This is the only diet that has worked for me. The instructions are easy to follow. Well worth reading book. Well done. 0 of 0 people found the following review helpful. Amazing Recipes By Alma P Marquez Great book with lots of info and many low carb recipes to chose from. I love how this book has a specific chapter of recipes for vegetarians.

Find out how to achieve your ideal weight and figure with low carb nutrition, without giving up delicious food This is a guide and diet cookbook with 100 delicious recipes for your low carbohydrate life. The cookbook is wonderful for all of us who want something healthy, tasty yet uncomplicated to prepare in the evening after a long days work, something low in carbs and low in calories. The diverse and easy to prepare recipes all contain nutritional information for your convenience; and none of the recipes have more than 5 g carbs and 300 cal per serving. The meals contain high levels of protein, meaning yours are filled up longer and are therefore ideal for delightful evening meals.