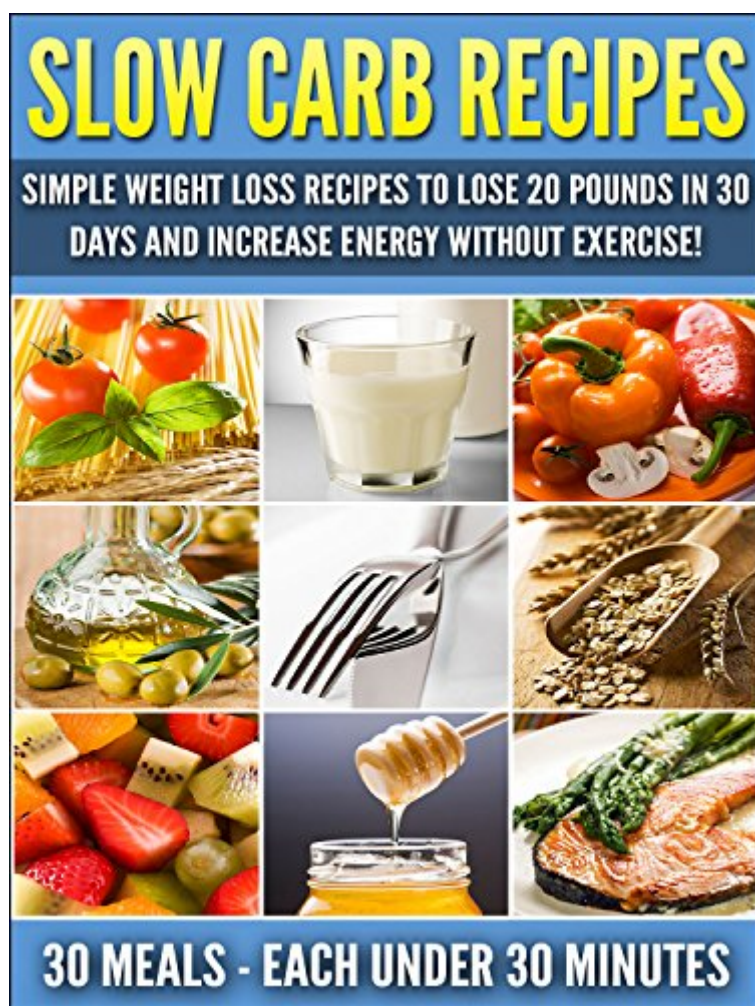


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# Slow Carb Recipes: Simple Weight Loss Recipes To Lose 20 Pounds In 30 Days And Increase Energy Without Exercise!: Weight Loss Recipes (Slow Carb Weight Loss Book 1)





## Synopsis

A Recipe Book That Will Help You Lose Weight And Make You Forget You Are Dieting! \*\*MEGA BONUS Your book download includes a complete Shopping List and Visual Guide available for instant download to help you take immediate action! \*\*Are You Bored With Your Diet? Many dieters that do not succeed with their chosen diet for weight loss in the long term are guilty of the same old story. They claim that their diet has become too repetitive and boring. • For example, many Slow Carb dieters, who are not allowed to drink calories, or consume white carbs are especially guilty of this statement! Their excuses begin to pile up high, until they finally cave in and break their weight loss meal plan. Have you ever felt this way about your weight loss diet? Have you ever thought that there are just too many great meals in existence to have such a limited list of options? Have you ever just wanted new, fun and exciting meals that were both delicious and fit the criteria of your diet? If you said "Yes" to any of the above questions do not worry because... This Book Is The Answer! If you can relate that story, then you are searching for answers and I applaud you for taking action! After reading this book, you will be able to stop the suffering and eat Slow Carb, Paleo, Ketogenic and other diet friendly meals that are simple, delicious and exciting! About the Author You may very well be asking, the questions, "Who is this guy?" and "What makes him qualified to write a book about dieting?" • My name is Ashir Nelson, and I have close to 4 years of experience with achieving weight loss results while on the Slow Carb diet. Ever since the 4-Hour Body came to stores, I have been in Slow Carb heaven! In the 5 times that I have completed the slow carb diet to lose weight, I have lost up to 15 pounds every time during the 30-day period, and I have started the diet each time at a lean 175 pounds! What will you learn? Your diet will test your will and discipline to its max, but I am here to show you that it is not intimidating once you have the right recipes! As a result, I have searched high and low for 30 of the best recipes that fit the criteria of simple, fun and tasty; this book is the result. The majority of the recipes you will find require the same key ingredients; I have tailored the book this way because one of the keys to dieting success is to shop in bulk. From the Fajita Breakfast Burrito to the Carb Free Steak Tacos, you will have a wide variety of tasty meals to choose from while shredding body fat! Who is this book for? This book is for the following people: -Existing Slow Carb dieters -Existing dieters on a diet similar to Slow Carb (Paleo, Ketogenic, etc.) -New and existing dieters searching for new meals that are quick, simple and tasty -Dieters that want to enjoy their diet, but not become a slave to it -If you believe diets are boring and want to be proved WRONG! Warning: DO NOT READ THIS BOOK IF YOU ARE LOOKING TO SPEND HOURS IN THE KITCHEN FOR EACH MEAL! How this book is structured? To gain the most out of this book, I have simply labeled each recipe under the 3 main

meals of the day: breakfast, lunch and dinner. This book is designed to give a fun alternative to the normal meals that you may indulge in while completing the Slow Carb diet for weight loss. All meals within this book can be made within 30 minutes, and are tasty as hell! I am confident that you will enjoy, soâ |Download the book to discover 30 Phenomenal Slow Carb Recipes For Weight Loss!\*\*REMINDER\*\*You will have instant access to your FREE Shopping List and Visual Guide upon your download of the book! The link can be found on the 2nd page!

## **Book Information**

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## **Customer Reviews**

Loved this recipe book!!!! I've been on a health kick for the last few weeks and I have been eating the SAME meals in fear of ruining my progress...until this book!Great delicious and AFFORDABLE recipes! Can't wait to try all of them :)

I really enjoy the recipes in this book. Normally when I cook I would make the most basic meals, but this recipe book has given me a lot of variety of meals to cook. I have just started using these recipes and I am already starting to see myself trim down. I hope that the author expands to even

more books.

I'm actually surprised in how much was packed into this short book. I love how I could just start implementing the tips right away without going to any other resources. Also the best part about the book is that author is talking directly to you and understands your current stage in your goal.

I want to implement this dearly to my life. the book is a good 45 page read, I am thinking of recommending this to my mom and friends. Basically the recipes are for or anybody that likes something under 30 m of preparation that is healthy and delicious at the same time.

This book provided some delicious recipes and healthy recipes for me to try out. Everything is fairly easy to cook, doesn't take too much time, and there are enough recipes to last you for the 30 days. Worth the buy.

Was ok

Definitely worth the buy! In my personal experience (and what I have come to realize is true to many others) my dieting fails when I have to guess what to eat to maintain a balanced diet. I often resorted to salads and fruit as my "safe" foods, which became very uninteresting by the end of the first week and lacked many of the nutrients I need. This book not only outlines a diet that is balance (complete with a shopping guide) but has a variety of tasty meals that anyone can make! I definitely feel this book will help me stick to a healthy diet change and gives me all the tools to do so! Definitely worth the buy!!!

A clear, simple, and delicious plan to health and weight loss!

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Without Dieting or Exercise and Never Be Fat Again Weight Loss Cookbook Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds in 30 Days with Easy & Quick Ketogenic Recipes (diabetes, diabetes diet, paleo, ... carb, low carb diet, weight loss) (Volume 1) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Low Carb: Proven Low Carb Homemade Cookbook That Will Help You Lose Weight Without Starving! (Includes High Protein and Low Carb Winning Diet Recipes That Will Promote Rapid Weight Loss) Low Carb: Proven Low Carb Homemade Cookbook That Will Help You Lose Weight Without Starving! (Includes High Protein and Low Carb Diet Recipes That Will Promote Rapid Weight Loss) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie ( 2013 ) Paperback

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