



Low Carb Diet for Beginners: How to Lose 20 Pounds with Low Carb Diet: (Low Carb Cookbook, Low Carb Diet, Low Carb High Fat Diet, Low Carb Slow Cooker ... diet, low carb, low carb cookbook)

Stephanie Dawson

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Low Carb Diet For Beginners

How To Lose 20 Pounds With Low Carb Diet

Did you know that the low carb diet is the only diet that has been scientifically proven to help people actually lose weight? Not only that, the low carb diet can also reverse diabetes, lower your risk for you heart disease and many other common diseases. Following the low carb diet can easily help you lose up to 20 pounds in just 2 months.

This book will describe exactly how to achieve this weight loss goal by explaining what the low carb diet is, the differences in the quality of carbs you can eat, what to do when you have hit a plateau in your weight loss and what to expect throughout the diet. There are some common challenges that present themselves as you are doing the low carb diet and this book will help you overcome those challenges to help you lose those last goals.

Also included is a comprehensive meal plan with recipes to mix and match each day so that you do not waiver from the low carb diet. This book makes it easy for you to hit your target of losing 20 pounds in 2 months.

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Jerry Gunnell:

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Joe North:

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Mary Lamm:

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