



Low Carb: 700 Ultimate Collections of Low Carb Recipes (Appetizers, Beverages, Biscuits, Breads and Cakes, Desserts, Eggs and Cheese, Fish Main Dishes, Meat Main Dishes, Poultry Main Dishes, Preserves, Pickles and Relishes, Salads,

By Jane Hawkins

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The theory behind this severe limitation on carbohydrates is based on the way the body reacts to this major food group. Ingesting carbohydrates increases blood sugar levels, which triggers the body to create insulin in order to properly digest the carbs, transforming them into energy. In fact, if you are not on any diet at all - it just makes sense to be able to enjoy some of these recipes and not worry about gaining weight in the first place. Now you can add VARIETY to your low carb menu. Stop craving foods because we show you how to enjoy them the low carb way! Although these recipe books are low carb don't let that stop you if you aren't on a low carb diet. You'll notice that sugar is avoided in low carb diets and that's great for anyone on any diet. Even diabetics who have to be careful of sugar will enjoy these recipes. All 923 recipes are made without any wheat or added sugar, making them gluten-free, and great for diabetics as well...



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