



Easy Low Carb Recipes From My Kitchen To Yours

Victoria Shaw

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Are you on a **low carb diet** but can't face another plate of scrambled eggs?

Do you have little time to prepare and cook?

Do you hate recipes with a dozen ingredients and complicated directions?

A **low carb recipe** does not have to be boring, difficult or time-consuming to prepare.

Easy Low Carb Recipes From My Kitchen to Yours says it best. This **low carb cookbook** includes a total of 70 delicious recipes that have been personally tested in my kitchen. The recipes are authentically low carb and are perfect even for the induction phase. With the exception of one or two, they all have from **0 to 5 net carb grams per serving**.

They helped with my weight loss goals and they can surely assist you in achieving long-term success with your health. With low carb diet recipes for breakfast, beef, pork, chicken, seafood, snacks, dips, dressings and desserts, you will say goodbye to dietary boredom and hello to a newer, more fit you! The most wonderful surprise of all – these dishes are truly appetizing and easy to make.

Buy **Easy Low Carb Recipes From My Kitchen to Yours** now and try out the low carb recipes that will make you lose weight and become healthier.

At the end of the book, you'll get my very special **FREE GIFT** – a useful guide for preparing your own low carb recipes. It will make things so much easier for you – I promise!

And if you want an easy-to-follow, complete low-carb menu planner for the next 4 weeks, please check out

28-DAY LOW CARB MENU PLANNER at

<http://www.amazon.com/28-Day-Low-Carb-Menu-Planner-ebook/dp/B00JZD2ZBA/>

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Mike Hendrix:

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Paul Williams:

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