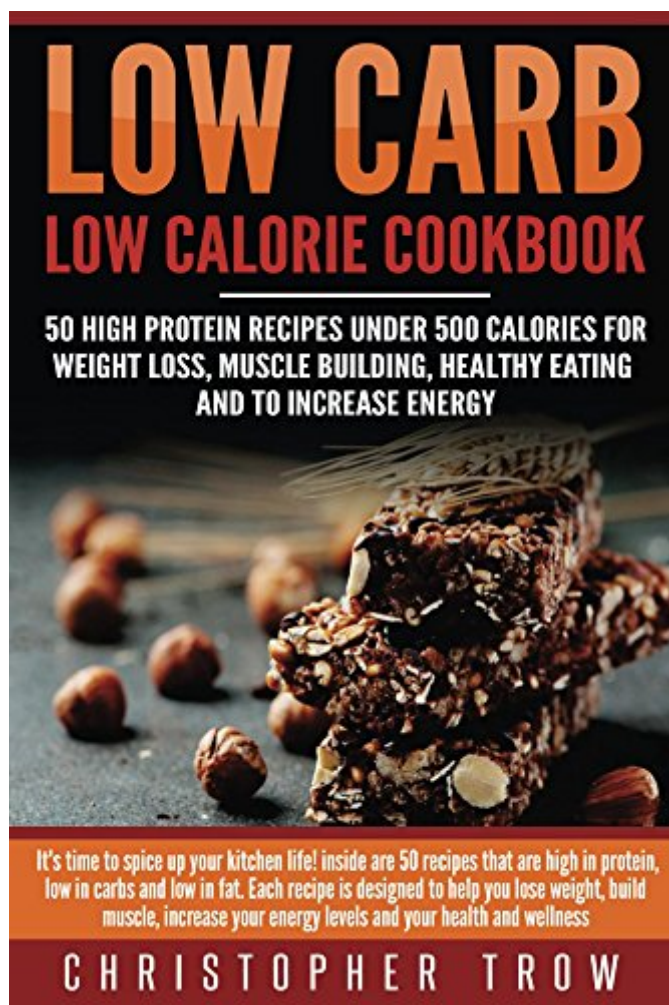


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# **Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories For Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1)**





## Synopsis

I am a Certified Personal Trainer in the UK and I have been helping people to lose weight and build muscle for over 5 years. I have a lot of experience under my belt and my passions are to help people become the strongest version of themselves – both mentally and physically. The low carb low calorie cookbook is designed for those who are trying to lose weight, build muscle, increase energy levels and improve health and wellness. All the recipes contained inside are under 500 calories and come with a breakdown of each macronutrient; Protein, Carbohydrates and Fat so that you can keep track of exactly what you’re taking in. It’s a misconception that a diet to build muscle and lose weight has to be boring, it’s only the case if you don’t know how to make your diet exciting while keeping it light and clean! Each recipe is healthy, delicious and very simple to cook. These unique recipes are suitable for beginners, intermediate and advanced exercisers, there is something for everyone, whether you’re a meat lover, vegan, vegetarian or just looking for something new! The recipes inside include:

- Healthy snack recipes
- Healthy desert recipes
- Vegan recipes
- Vegetarian recipes
- High Protein recipes
- Dinner for two
- D.I.Y Protein bar recipes
- D.I.Y Energy bar recipes
- Natural Protein smoothie recipes

## Book Information

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High Protein Cookbook, New Atkins Diet) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) 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) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1)

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