

# The Low-Carb Bible



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著者:

出版者:

出版时间:

装帧:

isbn:9781412704953

Get the Lowdown on Low-Carb Dieting  
You want to go low carb but you want to lose weight without harming your health? You want tools to help you create or tailor a low-carb diet that will fit your personality, your carb plan to ensure you get the nutrients you need, and your lifestyle? You want to lose weight without all the processed foods and empty carbs that come with it? That's not too much to ask, is it? Not do little for your body but pack on pounds. You'll find expert advice on hand. It's designed to help you create building a low-carb lifestyle that a low-carb lifestyle that will fulfill all of includes plenty of enjoyable

physical<br>these needsï¼ activityï¼ provides a huge variety of<br> The Low-Carb Bible guides you from tasty food choicesï¼ and works in the<br>the very start of your low-carb weight- real world.<br>loss quest. And it s there as you Finallyï¼ in the last sectionï¼ Enjoy Low-<br>progressï¼ to help you make smartï¼ safe Carb Recipesï¼ you ll be amazed to<br>choices and get the most from your discover the many scrumptious dishesï¼<br>weight-loss effortsï¼ including dessertsï¼ that can be a part<br> The first section of the bookï¼ Know of your low-carb plan. The accompany-<br>Your Low-Carb Optionsï¼ explains the ing nutritional information makes it<br>fundamentals of low-carb dietingi¼ easy for you to plan meals that meet<br>discusses the science that supports its your needs for weight lossï¼ healthï¼ and<br>usefulnessï¼ and provides warnings eating pleasure.<br>about conditions that make low-carb You can make low-carb dieting work<br>dieting less than desirable. It also for you. You just need to know how to<br>includes reviews of popular low-carb take the greatest advantage of its<br>plans. The review for each diet weight-loss potential while preserving<br>describes the reasoning behind its your health and preventing the bore-<br>approach to weight lossï¼ the kinds and dom that has sunk many a diet in the<br>amounts of foods allowedï¼ how flexible past. In other wordsï¼ you just need to<br>it isi¼ how it might impact your healthï¼ keep The Low-Carb Bible nearby. So<br>and more. enjoy weight loss for a changel<br>

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