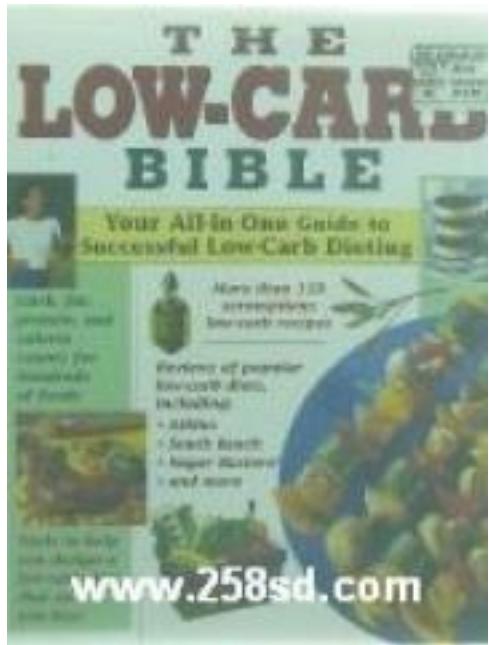


The Low-Carb Bible



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著者:

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Get the Lowdown on low-carb but you want to do it right. 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. You want your carb plan to ensure you get the nutrients you need without all the processed foods and empty carbs that pack on weight. That's not too much to ask, is it? Not do little for your body but pack on when you have The Low-Carb Bible at your disposal. You'll find expert advice on hand. It's designed to help you create a low-carb lifestyle that will fulfill all of your needs.

physical
these needs
activity
provides a huge variety of
The Low-Carb Bible guides you from tasty food choices
and works in the
the very start of your low-carb weight- real world.
loss quest. And it's there as you Finally
in the last section
Enjoy Low-
progress
to help you make smart
safe Carb Recipes
you'll be amazed to
choices and get the most from your discover the many scrumptious dishes

weight-loss efforts
including desserts
that can be a part
The first section of the book
Know of your low-carb plan. The accompany-
Your Low-Carb Options
explains the ing nutritional information makes it
fundamentals of low-carb dieting
easy for you to plan meals that meet
discusses the science that supports its your needs for weight loss
health
and
usefulness
and provides warnings eating pleasure.
about conditions that make low-carb You can make low-carb dieting work
dieting less than desirable. It also for you. You just need to know how to
includes reviews of popular low-carb take the greatest advantage of its
plans. The review for each diet weight-loss potential while preserving
describes the reasoning behind its your health and preventing the bore-
approach to weight loss
the kinds and dom that has sunk many a diet in the
amounts of foods allowed
how flexible past. In other words
you just need to
it is
how it might impact your health
keep The Low-Carb Bible nearby. So
and more. enjoy weight loss for a changel

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