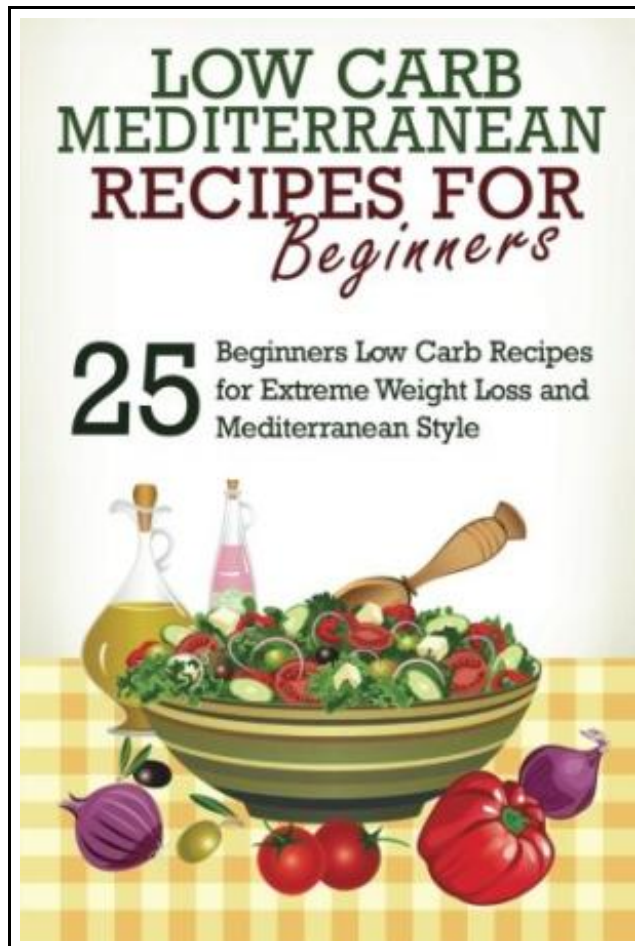


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.After reading this book you will learn all about the low-carb diet and the mediterranean diet, and how the two can fit together perfectly to provide you with the best possible weight loss outcome! The Health and Wellness Benefits Will Be Incredible! 25 of The BEST Low Carb Mediterranean recipes included! In this book, you will learn all about the low-carb diet and the Mediterranean diet, and how the two can fit together perfectly to provide you with the best possible weight loss outcome. The first chapter of the book will provide you with plenty of information regarding the two types of diets. It will explain the ground rules for following a low-carb Mediterranean style diet, and why it is so important to stick to these rules when you are trying to lose weight. The second chapter will be a brief run-down of the foods you should avoid, and the foods you are welcome to eat. These lists are not exhaustive, but do provide a great springboard from which to launch into your low-carb dieting. The following three chapters will offer you a series of 25 recipes. These will include side dish and dressing recipes, salad and lighter dish recipes, and hearty dish recipes. You will have plenty of options to choose from in order to formulate your weekly meal plans for months to come. These recipes are all simple and do not take a long amount of time to prepare and cook. They are great for beginners to cooking and for newcomers to the low-carb Mediterranean diet. The last chapter will provide you a week-long meal plan that should help you with your first step toward a healthier, skinnier...

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