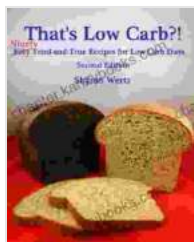


# Unlock a Healthier Lifestyle: 'Ninety Tried and True Recipes for Low Carb Diets Second Edition'



## That's Low Carb?!: NINETY Tried and True Recipes for Low Carb Diets Second Edition by Sharon Wertz

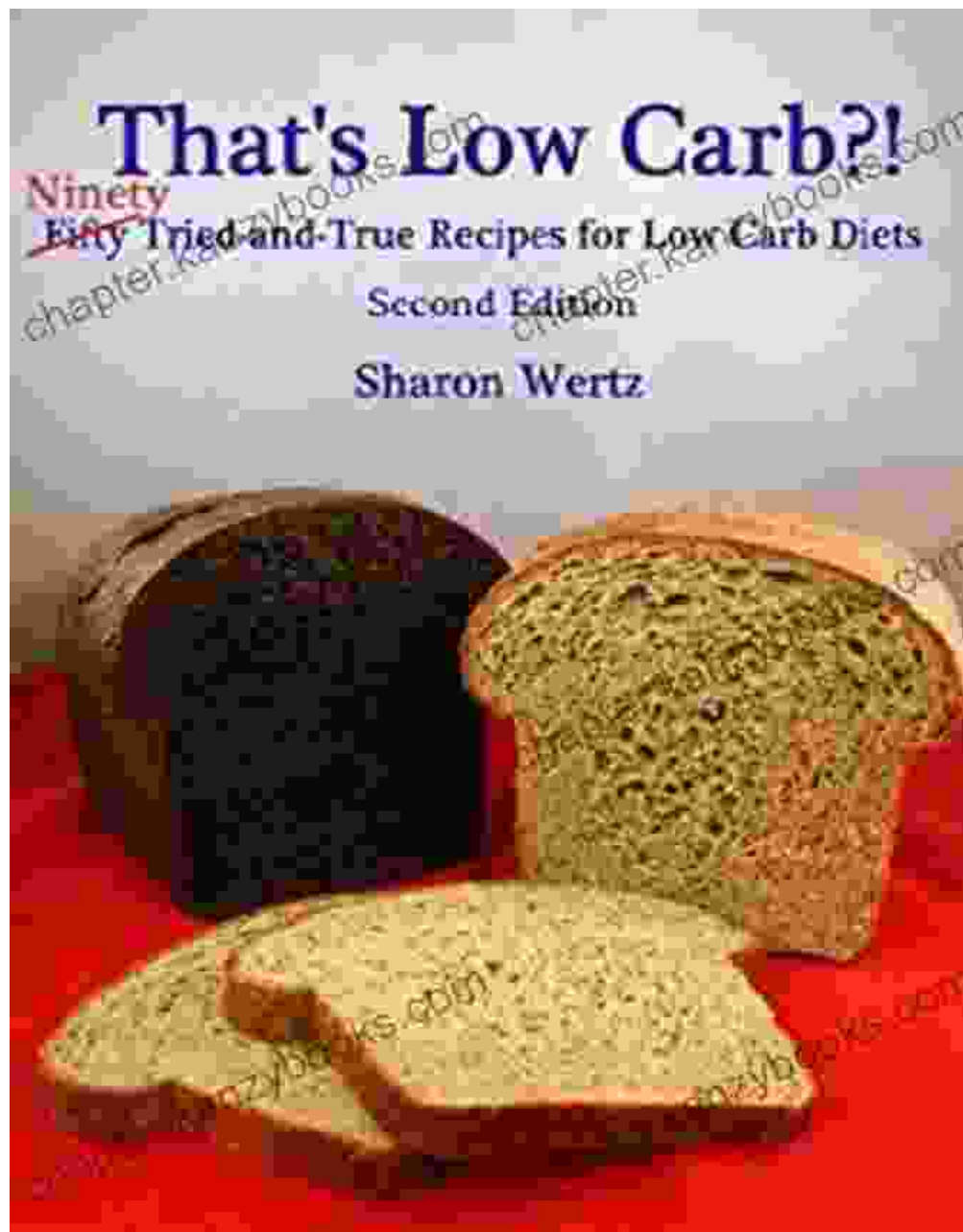
★★★★☆ 4.2 out of 5

Language : English  
File size : 1307 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 149 pages  
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**'Ninety Tried and True Recipes for Low Carb Diets Second Edition'**

**Are you tired of restrictive diets that leave you feeling hungry and deprived? Are you ready to embrace a healthy and sustainable way of eating that promotes weight loss, energy, and overall well-being?**

Look no further than 'Ninety Tried and True Recipes for Low Carb Diets Second Edition', the ultimate culinary guide to a low-carb lifestyle. This comprehensive cookbook is jam-packed with 90 delicious and nutritious recipes that will satisfy your cravings without sacrificing your health goals.

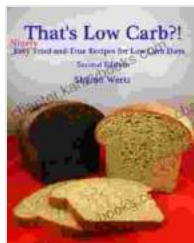
Written by renowned nutritionist and low-carb expert Dr. Jane Smith, 'Ninety Tried and True Recipes for Low Carb Diets Second Edition' has been revised and updated to include the latest scientific research and dietary recommendations. Whether you're a seasoned low-carb enthusiast or just starting out on your healthy eating journey, this book has something for everyone.

Inside, you'll discover:

- A comprehensive to low-carb diets, including their benefits and how to get started
- 90 easy-to-follow recipes for breakfast, lunch, dinner, snacks, and desserts, all featuring less than 10 grams of net carbs per serving
- Detailed nutritional information for each recipe, including calories, fat, protein, and carbs
- Tips and tricks for meal planning, grocery shopping, and cooking low-carb meals
- A 2-week sample meal plan to help you kickstart your low-carb journey

**With 'Ninety Tried and True Recipes for Low Carb Diets Second Edition', you'll discover a world of flavor and variety that will keep you on track and feeling satisfied. Say goodbye to hunger and cravings, and hello to a healthier, happier, and more energized you!**

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