



Low Carb Snacks: 30 Easy Low Carb Snack Recipes (Paperback)

By Stella Wheeler

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Low Carb Snacks 30 Easy Low Carb Snack Recipes! If you are someone that is looking to make healthier food choices by adding more low carb foods into your daily diet then this book offers 30 low carb snack foods to help you reach your goals. Many of us love to snack on foods such as ice cream, donuts, cookies, and chips just to name a few, but the problem with these food choices are they are loaded with sugar, and fat and basically contain little to no nutritional value. The recipes for low carb snacks in this cookbook all contain ingredients that have a low glycemic index so that they will not spike your sugar levels; they also offer protein and some type of healthy fat. A great way for you to embrace a low carb diet is with the ketogenic diet. It is one of the most beneficial ways to help you to rejuvenate your health and get rid of those unwanted excess pounds. The collection of recipes that I have in this book promote low carb...



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