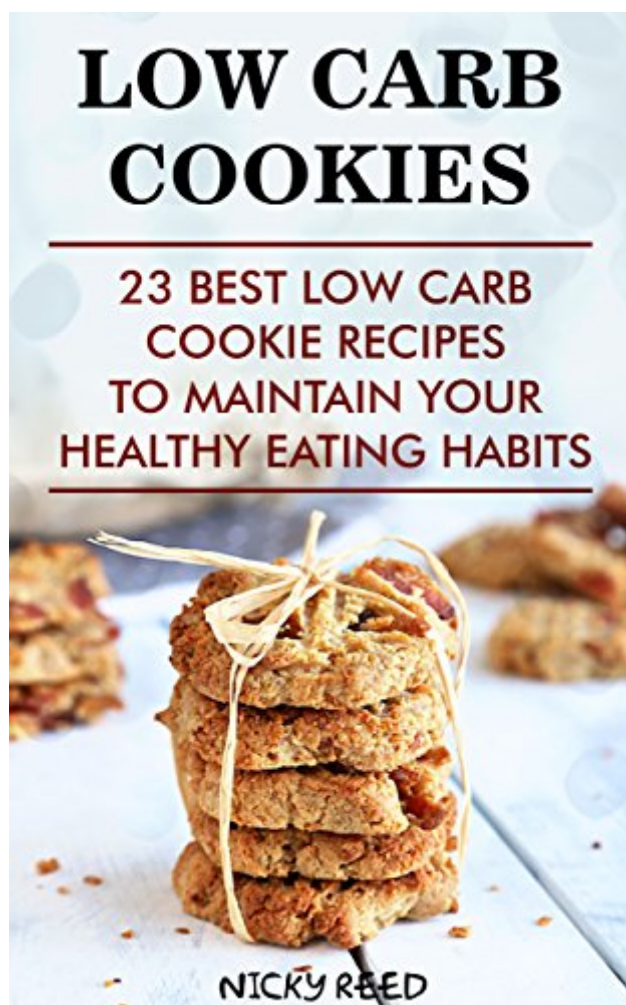


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Low Carb Cookies: 23 Best Low Carb Cookie Recipes To Maintain Your Healthy Eating Habits: (low Carbohydrate, High Protein, Low Carbohydrate Foods, Low ... Ketogenic Diet To Overcome Belly Fat)





Synopsis

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Low Carb Cookies (FREE Bonus Included)23 Best Low Carb Cookie Recipes To Maintain Your
Healthy Eating HabitsThis book is drafted to explain the importance of the low carb lifestyle and
easy recipes to make low carb cookies. Low carb diet is famous for many years because of its
health benefits. This book is designed to provide you 23 best low carb cookie recipes for your
health. These cookies are low in carbohydrates and high in fiber. You can consume them while
following a weight loss routine. These are safe to eat with any of your diet plans.This book is loaded
with low carb cookie recipes with their nutritional information. These cookies are safe for all children
and adults. You can enjoy them in the evening with tea or in the morning as a breakfast. The
ingredients used in these recipes are easily available on a grocery store. You can try them and bring
your own variations to bake lots of delicious cookies for lunch, breakfast, and supper. These are
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Customer Reviews

If you are beginning your low carb adventure and are ready to embark on a near future with less aches, less fatigue, and less fat, please educate yourself. In order to be truly effective you should typically try to keep carb intake roughly at around 20/day (obviously adjusted to individual). Now, the two things one MUST drastically reduce from the diet are sugars and starches. Wheat flour is a starch. 'Gluten free' flour is almost always starch (some with a higher carb count than wheat). Sugar (or honey, agave nectar, coconut sugar, etc.) is, well, SUGAR (exceptions to paleo, which is a bit less strict but may be less effective for people with more severe metabolic syndrome). In summary, these recipes are simply ridiculously chocked full of BOTH of these, for which the author should be taken to task. ONE cookie from a random recipe has 23 carbohydrates! Ms. Reed, please google hflc (high fat low carb), keto diet, Dr. Peter Attia, Jeff Volek, Gary Taubes (to start) for a comprehensive overview of the (non woo woo) science behind a true and effective low carbohydrate diet. Hint: use natural sweeteners (stevia and erythritol) and coconut, nut or seed meal in place of sugars and starches.

For a beginner in low carb diet, this book is useful. I am a person who hates searching recipes on the internet and takes note of them. Glad to have this book with a brief information of what a low carb diet will benefit you.

nice

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