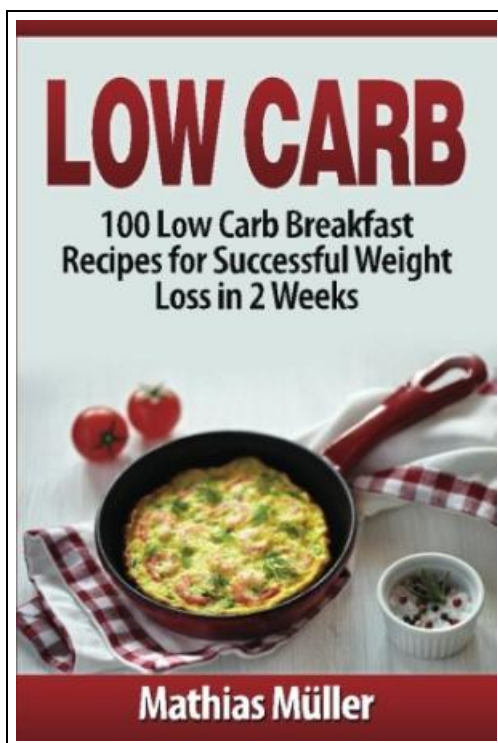


## Low Carb Recipes: 100 Low Carb Breakfast Recipes for Successful Weight Loss in 2 Weeks (Paperback)



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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Weight loss in two weeks is a recurring theme in cookbooks. While their recipes often focus on lunch, dinner or snacks, one of the most important meals is often greatly neglected. Of course we're talking about breakfast. And just like all low carb recipes, taste is much more important than doing without. The 100 recipes in this cookbook are split into 10 categories, each with 10 recipes. These categories are: Sweet recipes Fruit, vanilla or coconut are important in starting your day on a sweet note. With these simple recipes you can even make crepes in no time at all. Hearty recipes Starting your day with a hearty breakfast will give you plenty of energy for a stressful day. Cold cuts, meat and fish further provide important protein while keeping the carb count low. Vegetarian recipes Vegetarian low carb recipes offer a much greater variety than you may think. These ten recipes will give you a little taste that will make you want more. Vegan recipes Vegan + low carb = the perfect combination for a successful day. Even if these two diets first seem to greatly limit your food options, once you try the 10 recipes you will learn it's a win win for a balanced low carb diet. Recipes for at home On weekends or days off breakfast becomes a feast. The ten recipes in this category will make cooking in your pajamas twice as much fun. Recipes to go We don't always have time for a cozy breakfast in bed. The recipes in this category are easy to make and will make life a little sweeter, even if you're stuck in traffic...



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