



Low-Carb Cooking for Two: 50 Easy and Healthy Recipes for Busy People (Dump Dinner)

Julia White

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Following a low carb diet can be a challenge, especially if you are just cooking for two rather than a whole family. But this doesn't have to be as difficult as you may think in the beginning. But with the help from the recipes in this guidebook, you will get all of the great tastes that you are looking for. With 50 low carb recipes that match breakfast, lunch, dinner, and even dessert, you are set to go for the whole day. Inside this guidebook you will find all of the great recipes that you need in order to get started on the low carb diet as well as the recipes to make it even easier. Some of the things you will find in this guidebook include: • What the low carb diet is • Low carb breakfasts on the go • Lunches • Dinner for the couple • Desserts to diet for Give this guidebook a look in order to find all of the great recipes that you need to find out how delicious and easy the low carb diet can be.

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