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Understanding Low-Carb Dieting LOW CARBOHYDRATE DIETING FOR YOUR DAY TO DAY LIVING

There has been so much talk about Low Carbohydrate dieting that it is no wonder many people are confused. Understanding Low-Carb Dieting will show you the basics of a low carbohydrate diet. It will not promote one diet over another; it will however provide you with the tools, menus and recipes that will allow you to incorporate Low-Carb Dieting into your day to day living. Expect to lose weight, if you pursue a low carbohydrate lifestyle, but also, expect to feel better as a side effect. Understanding Low-Carb Dieting LOW CARBOHYDRATE DIETING FOR YOUR DAY TO DAY LIVING There has been so much talk about Low Carbohydrate dieting that it is no wonder many people are confused. Understanding Low-Carb Dieting will show you the basics of a low carbohydrate diet. It will not promote one diet over another; it will however provide you with the tools, menus and recipes that will allow you to incorporate Low-Carb Dieting into your day to day living. Expect to lose weight, if you pursue a low carbohydrate lifestyle, but also, expect to feel better as a side effect. Author: Mason, Arlene Publisher: Double Dragon Publishing Illustration: N Language: ENG Title: Understanding Low-Carb Dieting Pages: 00000

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