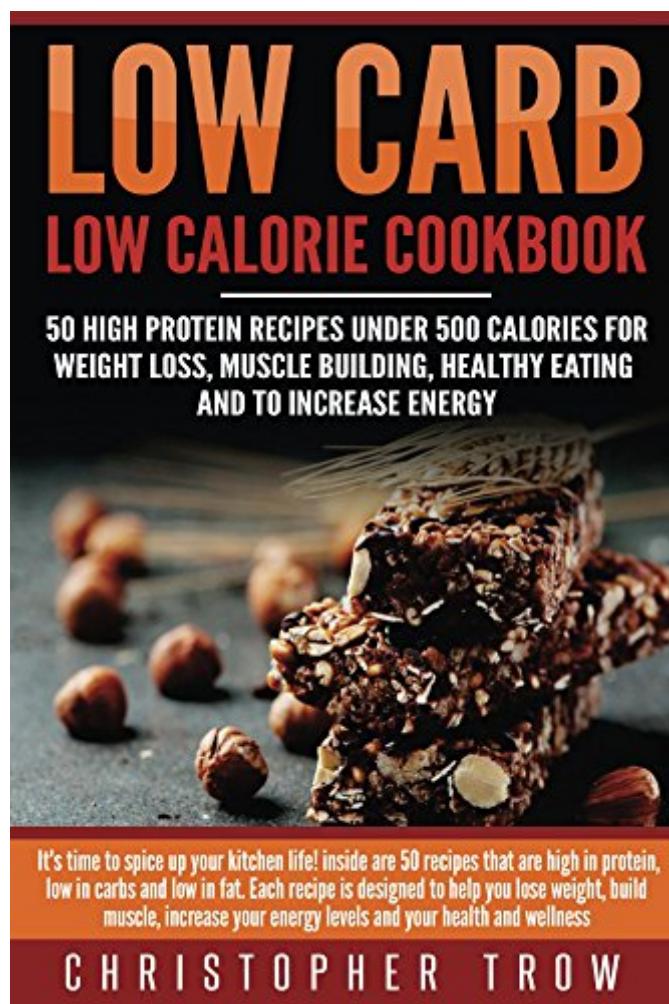


The book was found

Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories For Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1)





Synopsis

I am a Certified Personal Trainer in the UK and I have been helping people to lose weight and build muscle for over 5 years. I have a lot of experience under my belt and my passions are to help people become the strongest version of themselves â “ both mentally and physically. The low carb low calorie cookbook is designed for those who are trying to lose weight, build muscle, increase energy levels and improve health and wellness. All the recipes contained inside are under 500 calories and come with a breakdown of each macronutrient; Protein, Carbohydrates and Fat so that you can keep track of exactly what youâ ™re taking in. Itâ ™s a misconception that a diet to build muscle and lose weight has to be boring, itâ ™s only the case if you donâ ™t know how to make your diet exciting while keeping it light and clean! Each recipe is healthy, delicious and very simple to cook. These unique recipes are suitable for beginners, intermediate and advanced exercisers, there is something for everyone, whether youâ ™re a meat lover, vegan, vegetarian or just looking for something new! The recipes inside include:â ¢Healthy snack recipes â ¢Healthy desert recipes â ¢Vegan recipes â ¢Vegetarian recipes â ¢High Protein recipes â ¢Dinner for two recipesâ ¢D.I.Y Protein bar recipes â ¢D.I.Y Energy bar recipesâ ¢Natural Protein smoothie recipes

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