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your performance in the gym become motivated regulate your periods or manage a chronic medical condition then the keto diet is for you Each recipe in this book includes exactly what your body needs and will allow you to enjoy bread and pasta treats once more without gaining more weight Why not get started right now **The Low-Carb Baking and Dessert Cookbook** Ursula Solom,2013-02-21 Scrumptious easy to make breads pastries and confections from a chef who is revolutionizing carb smart cooking and eating Ursula has worked tirelessly to develop scores of recipes for breads biscuits pastries cookies pies cakes candy and confections that are not merely low carb they re delicious to boot Her culinary alchemy gives us all a leg up on the learning curve to make luscious treats that if we use them wisely will make it that much easier to stick to the plan for life From the Foreword by Dr Mary Dan Eades M D coauthor of The Low Carb CookwoRx Cookbook and Staying Power Do you dream of the warm satisfying taste of hearty brown bread or the flaky goodness of hot buttermilk biscuits Do you long for fresh baked muffins the sweet chilled delights of peach ice cream or the yumminess of blueberry pie Now thanks to extraordinary chef Ursula Solom you can once again experience the full rich flavor and satisfaction of these and all your favorite high carb treats without compromising on your commitment to carb conscious eating From Sourdough Bread Cheese Bread Sticks Banana Coconut Muffins and Vanilla Cookies to Devil s Food Cake Butterscotch Cream Pie Peanut Butter Swirl Ice Cream and White Walnut Fudge The Low Carb Baking and Dessert Cookbook is filled with more than 200 all new easy to prepare recipes for savory treats and scrumptious sweets that will satisfy your cravings while helping you slim down shape up and realize all the benefits of carb controlled living including keeping the pounds off Each recipe features step by step instructions and complete nutrition information Your whole family will love these recipes and you ll enjoy eating all the delicious baked goods desserts and confections you thought you had to sacrifice for a healthy lifestyle Favorite Healthy Recipes Emma Melton,Beth Foster,Sophie Barnes,Melissa Hendricks,2016-04-08 Favorite Healthy Recipes Box Set 5 in 1 Air Fryer Instant Pot Slow Cooker Meals and Low Carb Desserts for Clean and Healthy Eating Get FIVE books about low carb recipes for up to 60% off the price With this bundle you ll receive Air Fryer Cookbook Healthy and Cheap Instant Pot Meals Under 120 Eating Alkaline 40 Desserts Under 150 Calories In Air Fryer Cookbook you ll learn 40 american favorite recipes and make ahead meals now low carb gluten free and low fat with healthy frying In Healthy and Cheap Instant Pot you ll learn 40 low carb gluten free pressure cooker recipes under 20 for a passionate frugal cook In Meals Under 120 you ll get healthy slow cooker meals to enjoy that are 120 calories or less In Eating Alkaline you ll learn 50 easy recipes for clean and healthy eating to naturally trim excess fat In 40 Desserts Under 150 Calories you ll learn quick and easy healthy and delicious treats made low carb Buy all five books today at up to 60% off the cover price **No Carb Please** Daniel Hinkle,Marvin Delgado,Ralph Replogle,2016-01-27 SPECIAL DISCOUNT PRICING 9 99 Regularly priced 14 99 15 99 Get this Amazing 1 ketogenic diet Best Seller Great Deal You can read on your PC Mac smart phone tablet or Kindle device How To Lose Weight or Cure Most Disease Here is the solution Want To Know how to lose weight fast You know it s funny other

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