



# **Low Carb & Weight Loss Box Set 2 IN 1: 20 Low Carb & High Protein Recipes + Weight Watchers Cookbook: (low carbohydrate, high protein, low ... weight watchers cookbook) (Volume 4)**

*Dana Bakrley, Nadene Anderson*

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Low Carb & Weight Loss Box Set 2 IN 1: 20 Low Carb & High Protein Recipes + Weight Watchers Cookbook BOOK #1: Low Calorie One-Pot Meals Cookbook for Two or Just For You: Top 21 Easy & Healthy Recipes for One-Pot Meals From Your Skillet, Slow Cooker & Stockpot Many people think that cooking whilst on a diet has to be either elaborate and time consuming, or else dull and bland. Nothing could be further from the truth. Often the healthiest meals are the simplest and many cheap foods are very good for you. This book will provide weight watchers with twenty one failsafe, simple one pot meals that will feed you and a friend whilst still sticking to a low calorie diet. This does not just mean soups and stews — there are also more exciting recipes. Cooking from scratch does not have to require lots of preparation or complicated processes. Many people feel daunted at the idea of coming home and cooking an evening meal, but all of these recipes are quick, straightforward and delicious, with the added bonus of only requiring one cooking pot to create. All the flavours and juices of the food stay together, intensifying the dish and reducing the washing up! For all these meals, all you will need is a sturdy skillet, pot or slow cooker and you can create healthy, quick meals for one or two people to enjoy. If you choose, for some of them you could make double quantities and freeze the remainder, for an even quicker lunch or supper for another day. Cooking on a diet need not be an endless procession of salads, or boring, repetitive dishes. All of these recipes are so tasty and satisfying that even people who aren't on a diet will enjoy them, and will not even notice that what they are eating is also doing them good! BOOK #2: Low Carb High Protein Diet. Lose 10 pounds in 10 days: 10-Day Low Carb & High Protein Diet for Permanent and Healthy Weight loss There are many diets out there, each promising you the same results: You can lose weight with ease, and be able to keep it off for good. Some work, some don't. And many come and go. However, there's one diet that has good results and has been around for quite a while. That diet is the low-carb, high-protein diet. In this book, you'll learn all about this lifestyle. How does it work? What are the risks? What should I eat? Can I really lose ten pounds in only ten days? In Low Carb High Protein Diet, the facts will be broken down so that anyone can understand. You'll learn about this diet and how you can lose ten pounds in only ten days. In addition, you'll find great recipes that you can fix that are tasty and can fill anyone up. You'll also find dieting tips and more. So let's get started and get dieting Some things you can expect to see in this book: • How to Count Carbs • Raising your Protein Profile • Following a Diet Plan • Low Carb, High Protein Recipes • Lifestyle Corrections Like any diet, the low carb, and high protein diet takes dedication and sticking to a plan. But once you are determined and able to stick to these guidelines you will see quick results. And not only will you lose weight, this weight loss plan has other added benefits to it as well. Tags: low calorie cookbook, low calorie, low calorie diet, low calorie recipes, low calorie meals, low calorie slow cooker cookbook, low calorie cooking, low calorie foods, weight watchers cookbook, weight watchers recipes, weight watchers diet plan, one pot meals, one pot cookbook, one pot recipes, one pot meals for two, one pot dinners, cooking for one, cooking for two cookbook, coking for 1, cooking for one cookbook, recipes for one, skillet

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**From reader reviews:**

**Yadira Singh:**

Now a day those who Living in the era exactly where everything reachable by connect to the internet and the resources inside can be true or not call for people to be aware of each information they get. How many people to be smart in having any information nowadays? Of course the answer then is reading a book. Reading a book can help men and women out of this uncertainty Information especially this Low Carb & Weight Loss Box Set 2 IN 1: 20 Low Carb & High Protein Recipes + Weight Watchers Cookbook: (low carbohydrate, high protein, low ... weight watchers cookbook) (Volume 4) book because book offers you rich info and knowledge. Of course the data in this book hundred pct guarantees there is no doubt in it you probably know this.

**Thomas Woods:**

People live in this new day of lifestyle always make an effort to and must have the free time or they will get large amount of stress from both lifestyle and work. So , when we ask do people have spare time, we will say absolutely without a doubt. People is human not really a robot. Then we consult again, what kind of activity do you have when the spare time coming to an individual of course your answer will probably unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative within spending your spare time, the actual book you have read is usually Low Carb & Weight Loss Box Set 2 IN 1: 20 Low Carb & High Protein Recipes + Weight Watchers Cookbook: (low carbohydrate, high protein, low ... weight watchers cookbook) (Volume 4).

**James Hudson:**

Playing with family in a very park, coming to see the sea world or hanging out with friends is thing that usually you may have done when you have spare time, in that case why you don't try thing that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Low Carb & Weight Loss Box Set 2 IN 1: 20 Low Carb & High Protein Recipes + Weight Watchers Cookbook: (low carbohydrate, high protein, low ... weight watchers cookbook) (Volume 4), you may enjoy both. It is very good combination right, you still need to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't get it, oh come on its referred to as reading friends.

**Ronald Tanaka:**

Reading a book to get new life style in this season; every people loves to study a book. When you read a book you can get a large amount of benefit. When you read ebooks, you can improve your knowledge, due to the fact book has a lot of information in it. The information that you will get depend on what types of book that you have read. In order to get information about your examine, you can read education books, but if you

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