



Clever Low Carb Cooking - How to cut time, money and your waistline

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If you have spent years trying to lose weight, from hitting the gym three times a week, to trying every diet going, but find that nothing works, then Clever Low Carb Cooking will be a revelation.

Many women find that after they have children, the figure they were once so proud of literally goes 'pear shaped'. Your confidence is destroyed and you end up keeping everything covered in long skirts or jeans. If this sounds familiar, then you will be delighted to know there is a healthy eating plan which works, based on the simple concept of reducing our intake of excess carbohydrates.

Most Americans love to snack on fatty treats such as chocolate and chips from time to time, but when the occasional treat becomes a regular occurrence, it becomes harder and harder to fit into the clothes we would prefer. Soon fat starts to store itself around the tummy area and all kinds of lumps and bumps appear which can be quite frankly mortifying.

Clever Low Carb Cooking provides delicious alternatives to the sugar laden foods some of us end up eating because we lose faith in the power of any diet to change our lives. This 50 page ebook provides a healthy alternative which helps to retrain your tastebuds and throw off the old habits so that you never look at cookies in the same way again.

The recipes use ingredients which are easy to find, inexpensive to buy and very convenient to prepare. Whether you are a vegetarian or a confirmed meat eater, you will find plenty of ideas using choices which include fresh fruit and vegetables, meat, fish and eggs.

Here are some examples of the dishes you will love cooking for yourself and your family:

- * Mexican meatloaf
- * Sugar free fruit jam
- * Low carb ice cream
- * Succulent lemon chicken
- * Zucchini and aubergine bake

Low carb cooking makes great sense for you and for your kids. When combined with a fun, free exercise routine, you can keep all the family fit and healthy without exceeding your weekly shopping budget.

The principles behind Clever Low Carb Cooking are sensible and abide by the recommendations set by the Institute of Medicine. There's no magic or silly rules to abide by, just practical guidance for busy people who want to experience how it feels to be fit, healthy and full of energy on a daily basis.

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