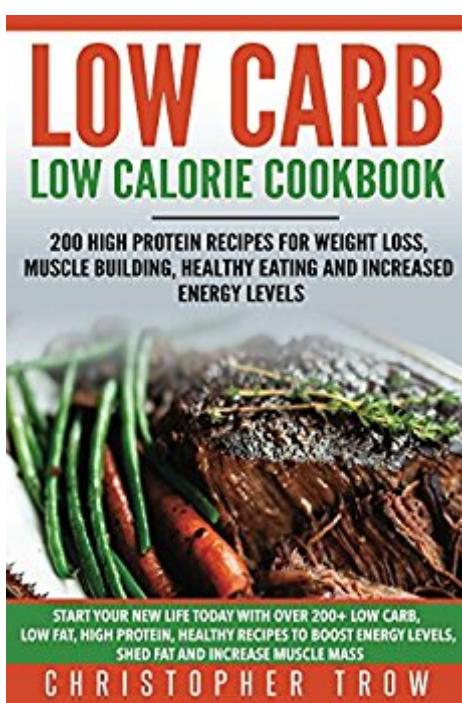


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# Low Carb: Low Calorie Cookbook: 200 High Protein Recipes For Weight Loss, Muscle Building, Healthy Eating And Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1)



## **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. This book has been specifically designed for anybody that is trying to lose weight, build muscle, increase energy levels and improve overall health and wellness. There are 211 recipes contained within this book that are healthy, delicious and packed with nutrients. There is truly something for everyone. The recipes inside this cookbook can be used all year around and you still wonâ ™t get bored, variety is key, itâ ™s time to get experimental in the kitchen! There are more than enough recipes to keep you taste buds tingling, these recipes are packed with protein, complex carbohydrates and healthy fats. Within a few days of consuming these recipes your energy levels will sky rocket. You can lose weight just by eating these recipes, but remember your results will always be maximised if you exercise as well as eat healthier, but it starts in the kitchen. Also for each recipe there is a breakdown of the nutrition value of each of the macronutrients; Protein, carbohydrates and fat contained, so that you can keep track of exactly how many calories youâ ™re taking in. The recipes inside include:â ¢Vegan recipes â ¢Vegetarian recipes â ¢High Protein Bodybuilding recipes â ¢Slow cooker recipes â ¢Whey protein smoothie recipes â ¢D.I.Y Protein Bar recipes â ¢D.I.Y Energy bar recipes â ¢Healthy desert recipes â ¢Healthy eating recipes

## **Book Information**

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