



**Low Carb Diet: Lose Those Love Handles in Less than ONE Month by Following This Amazing Low Carb Diet Easy to Prepare, and Simply Mouth-Watering Recipes That Your Entire Family Will Enjoy!**

*Emily MacLeod*

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## **Lose Those Love Handles in Less than ONE Month by Following This Amazing Low Carb Diet**

**A simplified low carb meal plan designed for weight loss!**

This book *The Low Carb Diet* contains proven steps and strategies on how to lose weight by simply following the low carb diet.

**This book is not your ordinary recipe book. It contains information that you might not have known before.**

You know that the low carb diet regimen can help you lose weight and keep you fit, but are you really aware of what love handles are? Through this book, you will learn things like types of fats and how you can get rid of them without heavily restricting your food intake.

Not all fats are bad; there are certain types of fats that can help in the normally functioning of the body.

A 7-day meal plan is also included in this book. This will help you in preparing the right meals for your family. And to complete this book, a list of low-carb recipes for breakfast, lunch and dinner are included.

**This book aims not just to help you lose weight and keep you fit but also to educate you on important things associated with it.**

## **Here is a quick preview of what is inside...**


- Understanding stubborn fats like love handles and how to get rid of them
- What makes low carb diets effective in getting rid of stubborn fat

- A sample of a 7 day meal plan
- Low carb breakfast recipes
- Low carb lunch recipes
- Low carb dinner recipes
- And much more useful tips

**Together we will get rid of those love handles! Download your copy NOW**

Tags: Low Carb Diet, Weight Loss, Diet, Low Fat, Low Carb Recipes, Low Car meal plan

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