



Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,)

Irene White

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The purpose of this diet is to maximize your weight-loss potential over a 10-day period. It is designed to reduce body-fat content in both the short and the long-term, should you decide to stay with the diet.

Your body, whether you know it or not, runs on three major sources of food. Carbohydrates, protein, and fats. It just so happens that for most purposes, we in modern society intake way too many carbohydrates, and way too few proteins.

There of course are different types of each of these genres of foods, but in general, we're going to explore the possibilities of cutting carbohydrates out of your diet and focusing almost exclusively on fats and proteins. And we're also going to explain why this is an effective way to not only lose weight but build lean muscle, as well as the techniques associated with physique-building and some exercise routines.

- What is fat anyway?
- High Protein Low Carb.
- What's this going to do to my body?
- Through the ages – Why does this work?
- But I heard low fat diets are the way to go.
- Myths
- High Fat, Low Carbohydrate Slow Cooker Chicken Recipes.
- High Fat, Low Carbohydrate Turkey Recipes.

- High Fat, Low Carbohydrate Beef Recipes.
- High Fat, Low Carbohydrate Beef Recipes.
- High Fat, Low Carbohydrate Pork Recipes

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Is it a person who having spare time then spend it whole day through watching television programs or just laying on the bed? Do you need something new? This Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) can be the solution, oh how comes? A fresh book you know. You are thus out of date, spending your free time by reading in this new era is common not a geek activity. So what these books have than the others?

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