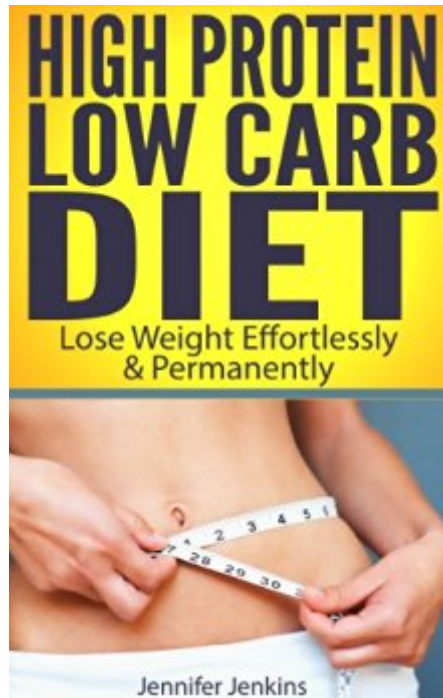


The book was found

# High Protein Low Carb Diet: Lose Weight Effortlessly & Permanently



## Synopsis

If you're trying to lose weight for the first time (or for a long time now), this may be the most important book you'll ever read...Unlike other diet books, the High Protein Low Carb Diet guide cuts through the theories to give you only the effective and practical steps and recipes to losing weight quickly, no matter your current age or weight. You'll get everything you need to know including: The BIGGEST Lie Ever Told about the High Protein Low Carb Diet (You'll find yourself spinning in circles if you don't know this!) The SIX Highly Effective High Protein Low Carb Diets Step-by-Step Mouthwatering Recipes for Breakfast, Lunch and Dinner -- They are so tasty even children with picky tastebuds will grow to love them! The Best Fat-Burning Foods to Include in Your Meal Plan -- And what to avoid so you don't end up sabotaging your weight loss success! The Complete List of "Good" Carbohydrates (WARNING: You can't skip carbohydrates completely! Your body still needs them) The FIVE Steps to Kick-starting & Getting Maximum Results from Your High Protein Low Carb Diet - Finally, you can achieve rapid weight loss and then keep the weight off forever! How to Get Past Your First Week... Guaranteed! And much, much more! All thanks to the recipes and information shared in this guide, Jennifer's dream of shedding 10 pounds safely and naturally was realized... and you can do the same too! In just minutes from now, you will begin to shed those excess weight and achieve the body shape (and health) that your friends will admire you for. Simply Download Your Copy of the High Protein Low Carb Diet Today And Turn Your Dream of Having The Ideal Body Into Reality -- Starting From Right Away!

## Book Information

File Size: 2046 KB

Print Length: 44 pages

Publication Date: January 26, 2014

Sold by: Â Digital Services LLC

Language: English

ASIN: B009S9VRS8

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #146,509 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #46

inÂ Books > Cookbooks, Food & Wine > Special Diet > High Protein #165 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Carb #210 inÂ Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Cookbooks, Food & Wine

## Customer Reviews

I have struggled long and hard with my weight over the years. Before I got married, I was medium built. But after I gave birth to my first born, I've grown quite big. Not really obese but more of a stout mom. I was unable to go back to my ideal form. I've read not one but three diet books in my lifetime, hoping to shed off some of my belly/baby fats by losing the extra pounds. To no avail. Good thing I happened upon this High Protein Low Carb Diet book by Jennifer Jenkins that promised an effortless way of shedding weight. When I first bought the book, I was a little doubtful, but upon reading the contents, I knew I found a winner! I have learned more about good carbs and red zone here than from any other diet books I have read. It really helps you with your weight loss. There are six highly effective diet plans to choose from, including Atkins and Paleo diet. What further excited me were the different suggested recipes that were not only delicious but also nutritious. My favorite was the Tuna Swiss Quiche, which my children also loved. Oh yes! This book also served as a fabulous cook book for people like us who are watching their weight. It is filled with easy-to-cook recipes, some of which were based on Atkins and Paleo diet, plus tips and explanations on why substitutions are made. I've never come across an easy-breezy diet in my life! More importantly, it works. Not only did I lose weight (I am now 65 lbs lighter than my usual 195 lbs), it also helped me feel good and look good.

This book does an awesome job of pulling from multiple sources and providing an easy to read guide to this type of diet. While I was already familiar with the Atkins diet, I had no idea how or why it really worked. Not only does the author do a great job of breaking it down into easy to understand explanations, but she goes on to explain many of the other related diets. Along with simple to understand descriptions of the major high protein and low carb diets, this book also provides several mouth watering recipes to help you get started. I loved how the different diets were explained but no single product was endorsed. This helps me believe that the information given in High Protein Low Carb Diet - Lose Weight Effortlessly & Permanently is legit and not just another way to sell me something. Not only are the basics of the various diets given but this book also contains the different pros and cons of the diet along with the awesome recipes. I also didn't realize that this type of diet is beneficial for diabetics. If you are looking for a complete resource about this type of diet, then this

book is an excellent place to start.

I found some diet books hard to follow and they make everything seem so complicated. The book High Protein Low Carb Diet was very easy to understand and follow. It explains the differences in refined carbs and unrefined carbs. I now know ways to help control both my sugar levels and my carb intake. The book talks about the various low carb high protein diets and lists the pros and cons of each diet plan. I really liked that it contained recipes because it makes it so much easier to follow a diet if you have some meals to start with. If youâ™ve tried any high protein low carb diet in the past but found them hard to understand then this book is just what you need.

I was very impressed with the readability of this book and the diet being promoted - a low carb, high protein diet. I've tried reading other high protein diet books and they just get too technical for me. I appreciated the specifics that were given in the book. Inside you'll find specific foods and actionable tips. Also, there is entire chapter on getting through the first week, the hardest part of any diet! Plus, the author compares the popular high protein diets, like Atkins and South Beach and tells you what is different in each. (I initially thought they were all the same until I read this!) By understanding the nuances of this diet, I feel that I have a better chance of following it and being successful. Join me and buy this book, and you can get started right way on your weight loss goals. Totally worth it, in my opinion.

The High Protein low Carb diet is one that I have done a lot of research on. There are many different diets such as this that are more popular but sometimes the most popular diets are not always the best. I wanted to read this book just to see what kind of information it has to offer - to see if there was anything new or different from other high protein low carb diets. I like that the diet is founded on a healthy nutritional plan to include high fiber foods, foods rich in Omega 3 fatty acids and unsaturated fatty acids and antioxidants while restricting refined foods and foods that are high in saturated fats. This diet not only helps to lose weight but also helps to lower cholesterol and provides better control of blood sugar levels. They don't try to tell you that they are coming with something totally new and I like this honesty. They actually mention the many popular high protein, low carb diets out there including the Atkins Diet, the South Beach Diet and more. This book tells you why and how this diet will help you lose weight and also tells you how you can benefit from the diet in other ways. It also breaks the most popular high protein low carb diets into categories, informing of which ones are highest in fat, those that are the most balanced and those that will help

you burn the most fat etc. I think that is the best thing about this book, is that it helps you to choose from the already popular high protein, low carb diets. It allows you to make comparisons in one place instead of doing a lot of internet research... and lastly! The book is packed with recipes and photos that made my mouth water! Definitely recommend this book.

[Download to continue reading...](#)

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,) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb: Low Carb Diet for Beginners - How to Lose 7 Pounds in 7 Days with Low Carb & High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet. Slow Cooker Recipes: 25 Delicious Low Carb Dinners To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome

Belly Fat) High Protein Low Carb Diet: Lose Weight Effortlessly & Permanently Low Carb  
Casseroles BOX SET 2 IN 1: 38 Super Satisfying Low Carb Casseroles That Will Amaze Your  
Family: (low carbohydrate, high protein, low carbohydrate ... diet for dummies, low carb high fat diet)  
Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low  
carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome  
Belly Fat) Low Carb: Proven Low Carb Homemade Cookbook That Will Help You Lose Weight  
Without Starving! (Includes High Protein and Low Carb Diet Recipes That Will Promote Rapid  
Weight Loss) Low Carb Diet: Lose Weight Your Way with 23 Low-Carb Versions Of Your Favorite  
Comfort Foods: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to  
Overcome Belly Fat) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No  
carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way  
to lose weight, how to lose body fat))

[Dmca](#)