



Low Carb Quick Baking: 28 Recipes of Breads, Cookies, Muffins and Dessert Pies That Won't Ruin Your Low Carb Diet: (Gluten-Free Snacks, with Carb Counts, Ketogenic Diet, Ketogenic Diet for Weight Loss)

By Adrienne Adams

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after the conclusion. Low Carb Quick Baking (FREE Bonus Included): 28 Recipes Of Breads, Cookies, Muffins And Dessert Pies That Won't Ruin Your Low Carb Diet There are so many diets out there that all promise the same thing, but the problem is, they don't deliver the same result. You want to lose weight, you want to stick with your diet, but time and again you find that low carb foods are few and far between. Sure, it is easy to get a hold of foods that are low carb, until you run into the baked goods. Once there are cookies on the table, it's over. The problem with a cookie, is that you can't have just one, and the same tends to go for a lot of the baked goods. So what are you to do? Stop with all of the foods that you love, just because you have to be careful of the...



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