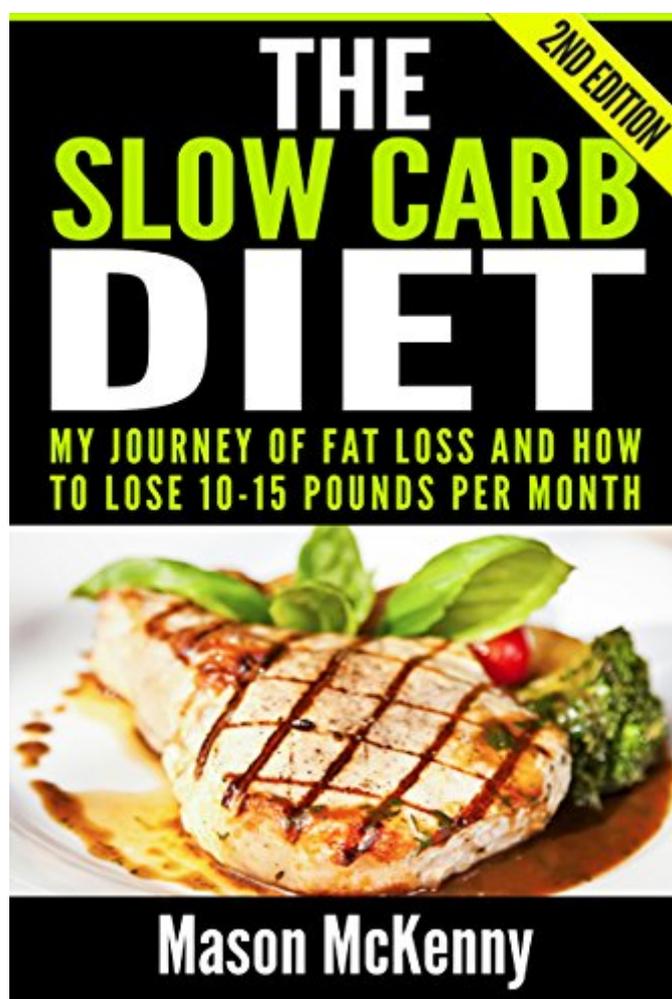


The book was found

**The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow Carb, Weight Loss Motivation, Healthy Diet Cookbook, Paleo Diet, Low Carb, Lose Weight Fast, Diet Motivation)**





## Synopsis

Have you been stressed lately due to not having time to eat healthy in the morning or at lunch time? Are you always trying to figure out what the best food combinations are for losing pounds of fat and feeling really energetic? Did you know that eating healthy and losing weight doesn't have to be super costly? What are the right greens? What is the best size meal to eat for dinner when you get home from ---Special Bonus At The End Of The Book---I get it. You want get more done and not have worry about the food you eat daily. The truth is that eating certain low carb or non-white carb foods will help you lose weight dramatically faster than most other diets. And you get a cheat day each week when anything on the menu goes! These menu items and this guide can help you get on track to losing 15 pounds a week without counting calories or starving yourself! Did you know that eating 30 grams of protein within 30 minutes of waking up can revolutionize your weight loss effectiveness? We can take anything we want in life to the next level by reading and understanding more about it. This guide is structured in an easy to read and understand format that consists of the tools of the trade in regard to the diet and my personal experience and pointers from my success. So how should you spend your valuable time with juicing? 1) Read snippets on the internet? 2) Asking friends and family for recommendations? 3) Go to the library and get lost in a maze of information? None of these options will get you to where you need to be, although they are common things most people do. The most powerful option is learning the exact set of ingredients and low carb options that will make you feel like you're ready to tackle the world. In this hands on, step by step book, the author explains how you can increase your level of well being while losing weight and eating delicious food that is prepared quite easily. In this guide you will be provided: Step by step instructions on how to follow the morning procedure each and every time. Action Checklists that will provide you with the instructions and practical advice on how to set an eating. A 30 Day Plan to kick start you to the path of improving everyday and being healthier. Don't let the fear of always being bad in the kitchen prevent you from creating the life you deserve! Click the buy now button above to check out what is possible. There is no doubt that if you trying to achieve better health and prepare more delicious food in an easy way, this guide will be absolutely crucial to get there!

## Book Information

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## Customer Reviews

This was a great book if you are looking for a concise breakdown of the slow carb diet. I have viewed other books on this topic, but they seemed to be a little overwhelming. This book really makes things simple. I was not looking for a solution to lose 10-15 pounds in a month, but this has the potential to help achieve that. I really like that it talks about using technology and apps to help adhere to the plan and the fact that I can still have red wine! Great book!

Slow Carb diet promotes the intake of proteins and eliminates the consumption of sweet and starchy foods. Unlike other diet programs, Slow Carb diet will help you lose weight in a short amount of time even without exercising and it allows you to have a cheat meal at least once in a week. I guess that is what made this weight-loss program very appealing to many, it does not give too much pressure on strictly following daily food intake and exercise routine. I loved that the author shared his journey on losing weight using this program and gave techniques basing on what he personally experienced while doing this diet, that made me feel that this is something I can do and be successful with because the author himself was able to do it. This book would be perfect for busy individuals who can't find enough time to exercise but are eager to lose weight.

Having practiced TIM FERRISS' Slow-Carb Diet for the last 7 months with great results, I thought

this book could supplement or provide some smaller specifics, or elaborate on stuff Tim briefly covers in his book. I thought \$2.99 was cheap enough to find out. There's actually wrong information in here. DO NOT BUY THIS and think you're doing the Slow-Carb Diet promulgated by Tim Ferriss. There's tons of 4Hour websites and chats and blogs with discussions of the diet; you'll learn more with Google; or spend \$14 and buy his book; thank me later.

This book gave me the tools to know what foods I should eat and when. I love that it includes a cheat day because it makes it much easier to say no to "bad" foods throughout the week. I recommend this to anyone that needs a quick and practical weight loss guide. I am a firm believer in the slow carb diet and I have seen real results fast with the slow carb diet. Another thing I learn from this particular diet is doing 30 grams of protein within 30 minutes of waking up- one of the most effective strategies I have learned for rapid weight loss. this book is excellent and help anyone on their journey to weight loss.

Wow this book is for everyone. If you want to reduce your intake in carb then this book is perfect for you. It has recipes for slow carb that you will surely love. It is a motivating guide to a healthy lifestyle. Excellent book!

I am a firm believer in the slow carb diet and I have seen real results fast with the slow carb diet. Another thing I learn from this particular diet is doing 30 grams of protein within 30 minutes of waking up- one of the most effective strategies I have learned for rapid weight loss. this book is excellent and help anyone on their journey to weight loss.

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