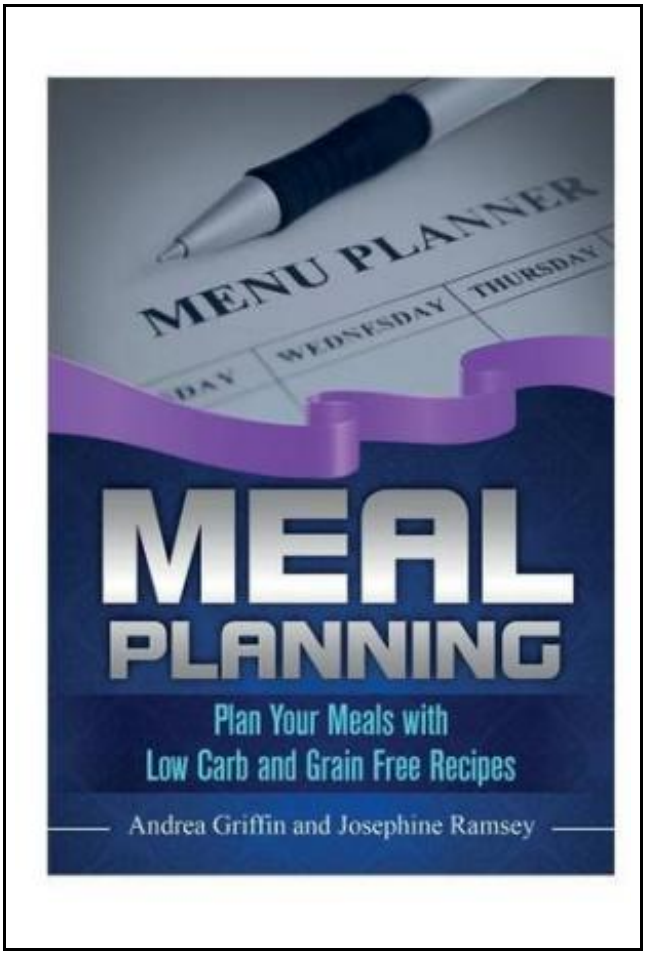
Meal Planning: Plan Your Meals with Low Carb and Grain Free Recipes (Paperback)



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MEAL PLANNING: PLAN YOUR MEALS WITH LOW CARB AND GRAIN FREE RECIPES (PAPERBACK)

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Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Meal Planning: Plan Your Meals with Low Carb and Grain Free Recipes is a book that lists both low carb diet foods and grain free cooking recipes. There are enough recipes within this book to give you meal planning ideas for weeks. You can devise a low carb diet menu, which will yield in great low carb diet results, in other words, this is meal planning for weight loss. Weight loss can occur with the grain free diet as well, since grains are carbs. If you look at the low carb diet food list, you will see there are no grains listed which is why the two diets are combined in this book. You will even find low carb desserts. The book has 2 main sections covering the low carb diet and grain free cooking. The sections are: Low Carb Diet, Rise and Shine with a Fortified Breakfast, Lunchtime Recipes for Afternoon Energy, Great Dinner Surprises, Unique Side Dishes, Fulfillment with Drinks, Make Ahead Snacks, Let s Have a Picnic, Exciting Desserts, Wise Wok Cooking, List of Low-Carb Foods, Tips for Prepping, Grain Free cooking, The Problem of Grains, transitioning to a Grain Free Diet, A Question of Nutritional Balance, Grain Free Shopping and Cooking Tips, Breakfast, Main Dishes, Baking and Desserts, Snacks, Salads, Soups and Sides, and a 5-Day Grain Free Meal Plan. The recipe sections give a wide variety of foods and flavors making it super easy to plan the menu for a couple of weeks.

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