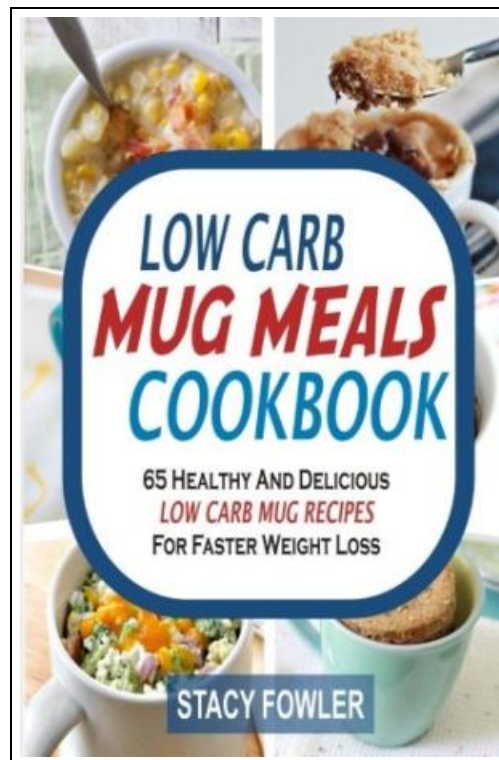


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. EASY, MOUTHWATERING LOW CARB MUG MEALS FOR FASTER WEIGHT LOSS! Mug meals are not just for saving time and creating portion-sized recipes. They can become a valuable part of your weight loss goals. Adhering to the low carb diet is much easier when you have low carb recipes that also contain a good amount of protein and healthy fat. This is what the LOW CARB MUG MEALS COOKBOOK presents to you. This large recipe collection includes low carb, high protein and healthy fat meals that you can put together in minutes. They have a low glycemic index, which means they will not cause a rise in your blood sugar levels. The 65 recipes cover breakfast, lunch, dinner, dessert, snacks, sauces and drinks. Even picky eaters will find something to enjoy in this wide collection of low carb mug meals. Most of the recipes have less than 10g of carbs per serving and they will give your weight loss goals an extreme boost! Not only are the recipes healthy, they are also mouthwatering too. Breakfast mug cakes or freshly-baked muffins can be ready in less than five minutes without sweating over a hot fire. Lunch and dinner can be a totally awesome cheesy lasagna or a combination of fresh vegetables, some meat and your favorite spices in a comforting garden soup. And the best part is that they are all low carb! No matter the time of the day or night, there is more than enough variety to satisfy you in this book. And there is very little clean-up to do. Save time, lose weight and get control of your health.



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