



**Low Carb: Your Crash Course in Low Carb Diet, Foods, Exercise, Staying Fit and Healthy, and Enjoying The Journey (Low carb snacks, Low carb recipes, Low carb high fat, Low carb diet for beginners)**

*Angel Milev*

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## **Learn How To Transform Your Body And Life With The Low Carb Diet**

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### **About the book:**

Given modern-day dietary habits, our bodies are accustomed to getting their calories mainly from carbs. In recent years however, a lot of studies show the benefits of a low carb diet backed by empirical evidence and real-life success stories. Here's a methodology how to set out on the low carb journey, get the most of it and enjoy the process.

### **Download this book to learn:**

- the proper way to implement the low carb diet without causing more harm than good
- types of carbs and how to distinguish them
- potential pitfalls and how to avoid them
- what foods to include and what to avoid
- the role of the glycemic index
- what supplements to use
- example meal plans
- how to work out while on the diet
- how to maintain the results in the long term
- numerous low carb resources
- a complementary dieting book & many more bonuses

This book will help you get off on the right foot with the low carb diet and start seeing effect as soon as the first weeks. In addition, it will show you how to get the most out of the diet plan and achieve long-term, sustainable results.

## **BONUSES**

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FREE dieting book (sign up may be required)

### **Bonus #2**

Discount codes for low carb Amazon products (code inside the book, no sign up required)

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A scientific report on low carb

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