



Low Carb Appetizers and Snacks: 37 Delicious High Protein Low Carb Appetizer and Snack Recipes For Extreme Weight Loss (Low Carb Living) (Volume 8)

Linda Stevens

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ENJOY EASY AND DELICIOUS LOW CARB APPETIZER AND SNACK RECIPES FOR EXTREME WEIGHT LOSS STARTING TODAY!

There is no question that low carb eating is decadently delicious. There is an incredibly variety of fresh produce and proteins that are available to create amazing new tastes. However, it is quite common to fall into the low carbohydrate rut of preparing and consuming the same foods over and over again. This is especially true when it comes to appetizers and snacks. How many times have you brought the same dish to a gathering or reached for you old standby evening snack but remained unsatisfied out of pure boredom? The collection or recipes included in this book will change your perception of low carb appetizers and snacks in a very good way. The recipes presented here focus on fresh ingredients and new flavor combinations, each with fifteen or fewer grams of net carbohydrates per serving. They are all guilt free and delicious. You will find everything from the most delicious and rich appetizers to the perfectly clean tasting and refreshing midday protein snack. With an incredibly range of flavors and textures, whatever you desire can be found here. Enjoy each tasty morsel knowing that there is no guilt, only pleasure.

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Kimberly Morris:

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