



**Low Carb & High Protein Diet BOX SET 2 IN 1:
10-Day Weight Loss Diet + 20 Easy And Fast
Recipes: (low carbohydrate, high protein, low
carbohydrate foods, ... diet for dummies, low carb
high fat diet,)**

Irene Edwanson

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Low Carb & High Protein Diet BOX SET 2 IN 1 (FREE Bonus Included)

10-Day Weight Loss Diet + 20 Easy And Fast Recipes

**BOOK #1: 20 Easy Low Carb High Protein
Recipes to Lose Weight Fast and Feel Great.**

Low Carb High Protein Diet

This book is a great quick read that is filled with healthy information on the right way to go on a high protein low carbohydrate diet. Within these pages you will be offered safe and healthy suggestions on how to go onto the diet in a way that will be most beneficial for you. There are hundreds of high protein diets out there but there are many that are not healthy balanced diets many suggesting that you totally cut out carbs in your diet. This is not a healthy choice in diets as your body needs carbs for energy the trick is picking a diet that offers you a healthy choice and amount of carbs in your diet. This is what you will be offered in this diet guide book along with 20 nutritious healthy recipes to try.

This diet guide will point you in the right direction towards the healthy carbs and proteins that you should be adding to your diet. If you want to lose weight the best way to do this is following a healthy approach which is offered to you within these pages. You don't want to put yourself on some crash diet that is not good for your overall health instead lose the weight in a safe and healthy manner.

BOOK #2: Low Carb, High Protein Diet

How to lose up to 10 pounds in 10 days

Your body, whether you know it or not, runs on three major sources of food. Carbohydrates, protein, and fats. It just so happens that for most purposes, we in modern society intake way too many carbohydrates, and way too few proteins.

There of course are different types of each of these genres of foods, but in general, we're going to explore the possibilities of cutting carbohydrates out of your diet and focusing almost exclusively on fats and proteins. And we're also going to explain why this is an effective way to not only lose weight but build lean muscle, as well as the techniques associated with physique-building and some exercise routines.

The purpose of this diet is to maximize your weight-loss potential over a 10-day period. It is designed to reduce body-fat content in both the short and the long-term, should you decide to stay with the diet.

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