



Gluten-Free and Low Carb Recipes Box Set: Over 200 Mouthwatering Low Carb Cheesecake Recipes. Cookies, Ketogenic Desserts, Weight Watchers Recipes (Low-Fat & Gluten-Free)

Melissa Castro, Jessica Meyers, Melissa Hendricks, Vicki Day

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Gluten-Free and Low Carb Recipes Box Set (5 in 1)

Book One: Gluten-Free Cookies: 50 Recipes of Yummy Cookie Goodness to Try for Your Family

With the increase in the number of health conscious people in the world, it is important to make sure of everything that we eat and put in our bodies. There have been so many speculations with regard to the concept of gluten and how it causes harm in the human system. And while some possess a tolerance for gluten rich food products, there are those who simply does not have the tolerance for it. It causes different adverse effects on their bodies that they end up skipping foods that are usually rich in gluten such as bread and pastries. But why should one deprive himself of eating great tasting and healthy food when there is a solution or a workaround for it?

Here is a preview of what you will learn from this book:

- Educate readers about what is gluten and its negative effects on the human body.
- Offer 50 scrumptious cookie recipes that would make anyone forget about the need for gluten.
- Baking hacks for those who would like to go gluten-free and
- How to gradually skip gluten for those who are used to baking and eating gluten rich food.

Book Two: Ketogenic Diet Explained: Weight Loss Guide with Over 40 Quick and Easy Low-Carb Recipes to Make You Slim in No

Time!

This guidebook is going to spend some time looking at the ketogenic diet as well as some tasty recipes that can get you started.

In this guidebook you will learn everything that you need to about this diet including:

- Some of the basics about the ketogenic diet
- Some healthy breakfast recipes to get the day started off on the right foot.
- Lunches that taste great and can prevent you from going out at lunch time.
- Dinners that the whole family will love
- Healthy desserts to satisfy that sweet tooth that has been bothering you.

Book Three: Ketogenic Desserts Cookbook: Low Carb Fat Bombs and Dessert Recipes to Satisfy Your Sweet Tooth!

Written in easy-to-understand language, this book will explain how you can turn a few ingredients into a quick, tasty, fat burning dessert.

Inside you will learn—

- How you can make delicious fat bomb desserts and treats.
- Easy-to-follow recipes for chocolate, fruit-flavored, sweet and savory treats.

Book Four: Cheesecake Recipes: Best Low-Carb Quick and Easy Cheesecake Recipes to Lose Weight with Pleasure

Inside you will learn:

- How you can make low carb versions of cheesecake that are delicious!.
- Easy-to-follow recipes for plain, chocolate, fruit flavored and other specialty cheesecake.
- Tips and Tricks for successfully preparing low carb cheesecake.

You can do it!

Book Five: The Weight Watchers Cookbook: 50 Simplified Recipes to Help Lose and Maintain Your Weight

Inside You Will Learn:

- What the Weight Watchers Diet program is all about
- The ways to interpret or follow the point and point plus value system and its importance in weight loss and maintenance
- Different breakfast dishes that will take 20 minutes or less to prepare
- Healthy lunch ideas for weight watchers
- How to prepare dinner, Weight Watchers style
- How to prepare health

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Lou Morton:

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Reading a guide tends to be new life style on this era globalization. With studying you can get a lot of information which will give you benefit in your life. Along with book everyone in this world may share their idea. Publications can also inspire a lot of people. Many author can inspire their particular reader with their story or perhaps their experience. Not only the storyline that share in the publications. But also they write about the knowledge about something that you need example of this. How to get the good score toefl, or how to teach your kids, there are many kinds of book that exist now. The authors nowadays always try to improve their skill in writing, they also doing some research before they write with their book. One of them is this Gluten-Free and Low Carb Recipes Box Set: Over 200 Mouthwatering Low Carb Cheesecake Recipes. Cookies, Ketogenic Desserts, Weight Watchers Recipes (Low-Fat & Gluten-Free).

Mary Grubb:

Is it anyone who having spare time after that spend it whole day through watching television programs or

just laying on the bed? Do you need something new? This Gluten-Free and Low Carb Recipes Box Set: Over 200 Mouthwatering Low Carb Cheesecake Recipes. Cookies, Ketogenic Desserts, Weight Watchers Recipes (Low-Fat & Gluten-Free) can be the answer, oh how comes? The new book you know. You are and so out of date, spending your extra time by reading in this new era is common not a geek activity. So what these publications have than the others?

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