



## Low Carb High Quality Cookbook: Recipes to Help You Lose Weight and Stay in Shape

By Fredrik Paulun, Karoliina Paulun

Skyhorse Publishing. Hardback. Book Condition: new. BRAND NEW, Low Carb High Quality Cookbook: Recipes to Help You Lose Weight and Stay in Shape, Fredrik Paulun, Karoliina Paulun, The low carb high quality lifestyle is about enjoying life--not going on a diet! LCHQ is designed to give you just the right amount of carbohydrates, beneficial fats, and of course, proteins, vitamins, minerals, and antioxidants .all while eating real, delicious food! Now, from the minds behind Low Carb High Quality Diet come fifty of the tastiest recipes for breakfasts, lunches, dinners--and desserts! Delectable, nutritious dishes include: Scrambled eggs with spinach and salmon Almond and blueberry smoothies Curry chicken soup Thai salad with shrimp and quinoa Lamb burger with melon and feta salad Arugula, tomato, and mozzarella omelets Coconut ice cream with raspberry sauce and chocolate And that's just a little taste! Follow the recipes for a sleeker, slimmer, and healthier body! You'll burn fat, build muscle, and feel better than ever--without sacrificing your favorite foods. Enjoy low carb food of the highest quality, and watch how your quality of life improves!.



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