



Low Carb: A List of Food to Eat for Breakfast, Lunch, and Dinner While on a Low Carb Diet (Low Carb Diet: A List of Low Carb Foods and Snacks to Eat While on a Low Carb Diet Book 2)

Lindsay Help

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Starting a new diet can be very hard. It is very important to have a set goal of how much weight you would like to lose and make sure you are sticking to the diet of your choice. In this book you will find lists of different types of food to stick with while you are trying to lose weight.

What you will be learning from this book:

- What to eat for breakfast
- What to eat for lunch
- What to snack on throughout the day
- What to eat for dinner
- And much, much more...

What to eat to lose weight on a low-carb diet from the book:

Breakfast

Eggs are a great protein to start out the day. Starting with a traditional breakfast, only eat two eggs in the morning for breakfast. Try not to exceed eating more eggs than that. Eggs are known to keep your stomach fuller as opposed to eating any other type of food for breakfast. A nice healthy side with eggs as opposed to toast; sauteed fresh spinach with a little salt and pepper to eat with your eggs in the morning.

Lunch

Lettuce wraps- *Make chicken on the stove, add ginger, soy sauce, and garlic. Take shredded carrots and diced cucumbers to add on top with a garnish of a few sesame seeds. This wrap would taste wonderful with either a butter lettuce leaf or cabbage leaf.*

Snacks

Cottage cheese with peaches or cantaloupe.

Goat cheese spread on top of sliced tomatoes.

Apples or celery with peanut butter.

More from the book:

Dinner

Bake chicken in the oven with lemon juice, spices, and capers. Add basil or cilantro for flavor. As a side make Brussels sprouts in the oven on bake for about ten minutes and the last remaining two minutes set the oven to broil on high so they are a little crispy. Brush the Brussels sprouts with a little olive oil and add your choice of seasonings for flavor before putting them into the oven.

Wrap salmon in foil and add tomatoes, onions, garlic, capers, and lemon juice on top of the salmon. Wrap all of the ingredients up and put them in the oven and bake at 350 degrees for twenty minutes.

As you can see this book is filled with condensed information on exactly what you should eat while trying to lose weight on a low-carb diet.

Buy the book now while it is being offered at a low introductory price; you will be so glad you did!

Tags: low carb food list, low carb, low carbohydrate, low carb diet, no carbs, what to eat to lose weight, what to eat on a diet, how to lose weight, how to lose weight fast, lose weight fast, lose weight, weight loss food, foods to eat while on a diet, diet food, how to lose weight quick, low carb, low carb diet, how to lose weight in a week, how t

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