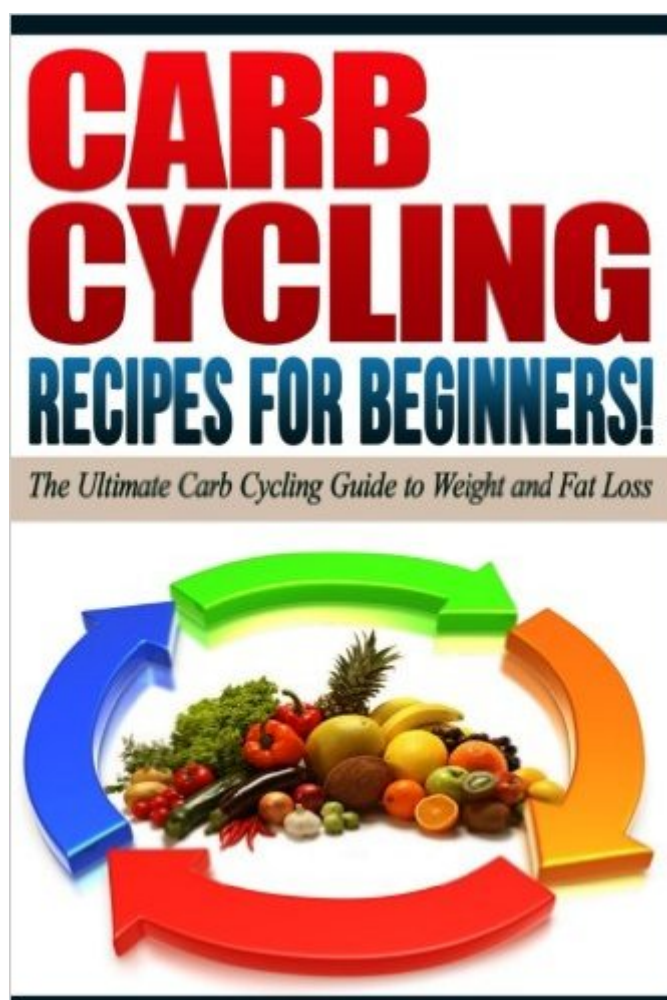


The book was found

CARB CYCLING - The Best Carb Cycling Recipes For Beginners!: ARB CYCLING - The Ultimate Carb Cycling Guide To Weight And Fat Loss



Synopsis

Start Losing Weight Today! "Carb Cycling Recipes for Beginners!" contains proven steps and strategies on how to fully understand the underlying principles behind Carb Cycling. It discusses the purpose of the program, how it works, and its effects and benefits. The Carb Cycling program is simply an eating plan that alternates days when you eat foods with low carbohydrates and foods that are high in carbohydrates. This book gives sample recipes for both days. It provides meal choices for the readers for breakfast, entrees and side dishes and main dishes, for both low-carbohydrate and high-carbohydrate days. The recipes were especially chosen for easy and simple preparation and availability of ingredients. Since this is meant for beginners, we want them to realize how simple and easy it is to follow this diet and to prepare food everyday. Following the basic implementation plan of the Carb Cycling diet and trying out the recipes here for assigned days will eventually benefit the individual trying to lose weight and eliminate fats in their bodies. This will lead to a healthier lifestyle that can be easily sustained.

Book Information

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Best Sellers Rank: #146,365 in Books (See Top 100 in Books) #19 in Books > Cookbooks, Food & Wine > Regional & International > European > Irish

Customer Reviews

This book had a lot of interesting recipe ideas for lower carb meals. It gave me some good ideas for uses of alternate types of flours, such as using nut flours to make muffins, or cauliflower and eggs to make tortillas. This is useful to me because I eat a gluten-free diet. There were also many delicious and filling breakfast recipes, in both the low-carb and high-carb categories. The recipes are helpfully divided into a lower carb section and a higher carb section. This book is not an instruction book on how or when to do carb cycling, but is a recipe book that people who are doing carb cycling can use, and as such, is a stand-alone recipe book that anyone can use. The book does not appear to

have been edited and there are many grammatical errors, but these errors do not influence an ability to follow the recipes.

It's very straightforward and easy to read and makes a lot of sense. There's good info in the book, but I must admit it is a bit confusing in some areas. I've had to read it a couple of times but I still have questions. Plus it is very repetitive. I love this book because he gets results, but as far as this book is concerned you kinda have to sort some of it out. I wish I could ask him some things directly. Still, I'd recommend it. I'm using some of the strategies. Too soon to tell if they are working, but I'm encouraged.

Recipes are delicious and really quick to prepare. They are simple enough to make, but delicious enough to impress your friends and family. We totally have been enjoying our cheat meals to the fullest--with no negative effects. Feel completely full through the day--so much so that we struggle to get through our last meal of the day.

The author has written the book very well and its very easy to understand as well. There are recipes also which helps us to lose some weight and helps us achieve the right fit and shape for our body. Highly recommended book for anyone who wants to lead a healthy and fit life.! The book has change my mindset on this slightly in that I may have been overkilling it somewhat.

I like most is the way the ingredients were programmed according to the calories for an effective rapid loss of weight. Yet, I still find myself energetic as I enjoyed eating these foods. This book is the best diet book that I have read in a while; although I have not really read a lot of diet books here on since am new here. The author did a very wonderful job with the description and explanation of the subject matter.

The author is very easy to understand and is very passionate about this diet. I will start dieting next week after making all my preparations. Really enjoyed this book, it was simple and right to the point. The whole point of the book is encourage the reader to think about their weight loss as a transformation of the body AND mind and that it's not simply a diet to get to your goal but then turn back to old habits.

The author does a nice job keeping it simple and making sure you get the basic information you

need to understand this diet and make it work for you. I like the originality in the headings and how the author writes in an inviting and informational tone. This book offers great insight on how carb cycling works and how to get started with it. It also contains information on how and when to exercise while carb cycling.

This book was very helpful. It is realistic about how many calories and carbs to eat to lose weight safely and with satiety. One can lose weight without being deprived with this program. Common sense and good science combined. This book offers great insight on how carb cycling works and how to get started with it. It also contains information on how and when to exercise while carb cycling.

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