



## Low Carb Intermittent Fasting Recipes and Low Carb Vitamix Recipes: 2 Book Combo (Paperback)

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By Tina Palmarchetty

Createspace, United States, 2015. Paperback. Book Condition: New. Combined. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Welcome to the Low Carb Bibles! A series of Low Carb Cookbooks for home cooks and food enthusiasts! Looking For New Low Carb Ideas That Actually Taste Great? Explore the world, and make cooking an easy task with Tina Palmarchetty, as she takes you through different cultures and cooking techniques all carefully designed to please the avid Low Carb follower! Busy Moms Listen Up! Tina delivers delicious recipes for the entire family. She was a working mother when she decided to write these books, she understands the constraints that come with the territory. Hungry? Excited? There's More! You'll never have trouble coming up with meal ideas again. The Low Carb Bibles provide you with everything you need to go Low Carb, stay Low Carb, and LOVE EATING LOW CARB: Vitamix Recipes - Soups, Smoothies, Juices, and Sauces - don't have a Vitamix? A blender will do just fine! A Collection of Your Favorite Foods (All Low Carb) - miss the pasta, pizza, burgers, and desserts from your diet? It's all one click away! Italian, Indian, Greek, Mexican recipes, and many more! Always on...



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