



Nutrition Health: Low Carb Health and Comfort Food Recipes (Paperback)

By Emily Stewart

WebNetworks Inc, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Nutrition Health: Low Carb Health and Comfort Food Recipes Face it, in order to stay healthy you need to do what you can do to make sure you eat right. In Nutrition Health two very unique diet plans our featured to help you with two choices to fit in with your lifestyle, the Low Carb Diet and the Comfort Food Diet plans. Each diet plan offers healthy recipes to help turn your lifestyle around to a healthier one. By eating right you can maintain a better weight level and make sure your blood pressure, cholesterol, and blood sugars stay in a healthy range as well. The first section of the Nutrition Health book covers the Low Carb Diet plan featuring these categories: Rise and Shine with a Fortified Breakfast, Lunchtime Recipes for Afternoon Energy, Great Dinner Surprises, Unique Side Dishes, Fulfillment with Drinks, Make Ahead Snacks, Let s Have a Picnic, Exciting Desserts, Wise Wok Cooking, List of Low Carb Foods, and Tips for Prepping.



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