



Weight Loss Success! Low Carb High Fat Diet & Cookbook!: How I lost 80 lbs.! Detailed 60 day Menu Plan, Recipes with Carb Counts Included! (Southern Cooking Recipes)

S. L. Watson

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This book will show you what I did and provide the menu plan and recipes for my personal 80 lb. weight loss. I gave myself one year to lose 80 lbs. It only took 7 months. If you follow the lifestyle changes I made, you will be assured of success.

Sugar and starches no longer control my life. Food no longer controls my life. I've included over 90 of my favorite low carb recipes with carb counts included for each recipe. Also included is my 60 day menu plan and excerpts from my personal journals about my food addiction.

I list my actual weight and measurements before and after the weight loss. I was sick and tired of feeling terrible and watching life pass me by. It was time to get off my fat butt and do something about it.

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From reader reviews:

Lydia Baum:

Have you spare time to get a day? What do you do when you have far more or little spare time? Yeah, you can choose the suitable activity for spend your time. Any person spent all their spare time to take a wander, shopping, or went to typically the Mall. How about open or read a book called Weight Loss Success! Low Carb High Fat Diet & Cookbook!: How I lost 80 lbs.! Detailed 60 day Menu Plan, Recipes with Carb Counts Included! (Southern Cooking Recipes)? Maybe it is for being best activity for you. You already know beside you can spend your time using your favorite's book, you can cleverer than before. Do you agree with their opinion or you have additional opinion?

Tom Tucker:

The book Weight Loss Success! Low Carb High Fat Diet & Cookbook!: How I lost 80 lbs.! Detailed 60 day Menu Plan, Recipes with Carb Counts Included! (Southern Cooking Recipes) make one feel enjoy for your spare time. You can use to make your capable a lot more increase. Book can to be your best friend when you getting pressure or having big problem using your subject. If you can make reading a book Weight Loss Success! Low Carb High Fat Diet & Cookbook!: How I lost 80 lbs.! Detailed 60 day Menu Plan, Recipes with Carb Counts Included! (Southern Cooking Recipes) being your habit, you can get a lot more advantages, like add your own personal capable, increase your knowledge about a number of or all subjects. You could know everything if you like start and read a e-book Weight Loss Success! Low Carb High Fat Diet & Cookbook!: How I lost 80 lbs.! Detailed 60 day Menu Plan, Recipes with Carb Counts Included! (Southern Cooking Recipes). Kinds of book are several. It means that, science e-book or encyclopedia or other folks. So , how do you think about this guide?

Melvin Smith:

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Victor McDowell:

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