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15 Minute Low Carb Recipes Instant Recipes for Dinners

I was so excited to see that Dana Carpender was coming out with a 15 minute recipe book. I have the 500 low carb recipes book and am tremendously pleased with it, but this new book is so awesome that although I have used my 500 recipes book religiously for months, it has sat on the shelf for the last week.

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15 Minute Low Carb Recipes by Dana Carpender

by Dana Carpender. Paperback. 260 pages. Yikes! It s 6:30 p.m., and you ve just walked through the door after a long day at work, plus a couple of errands.

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This recipe for low-carb Korean beef bowl is budget-friendly, easy to make, quick to the table, and absolutely delicious. It s low-carb and keto-friendly.

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15 Minute Low Carb Recipes Instant Recipes for Dinners

Studies show that low-carbohydrate dieting works to take weight off and improve cholesterol. As more and more people switch to the Atkins diet or variations of it, they will need recipes!

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15 Minute Low Carb Recipes Instant Recipes for Dinners

This book offers over 200 quick and easy recipes that can be made in 15 minutes or less. They are suitable for people who are following low-carbohydrate regimes like the Atkins diet or variations of it.

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A wide variety of fast and flavorful recipes at your fingertips! Eat well, stay fit, and maintain your low-carb diet with these 300 delicious and easy recipes that can be made in 15 minutes or less from start to finish.

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