



# **Healthy and Delicious Weight Loss Recipes Box Set: Over 200 Low Carb Low Fat Gluten Free Recipes for Your Health and Rapid Weight Loss (Low-Fat & Gluten-Free)**

*Janet Hicks, Vanessa Riley, Vicki Day, Julia White, Peggy Carlson, Nina Craig*

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## **Healthy and Delicious Weight Loss Recipes Box Set (6 in 1)**

### **Healthy Dinner Cookbook: 36 Simple and Delicious Low Fat Meat and Fish Recipes for Busy People**

#### **In this book you will learn:**

- How a Low Fat Diet Can Be Beneficial for You?
- Why It Is Important to Have a Low Fat Diet Specifically for Dinner?
- The Key Appliances Which Play an Important Role in Making Low Fat Recipes
- Usage of Low Fat Recipe Making Appliances and Tools
- 8 Low Fat Recipes (Chicken)
- 8 Low Fat Recipes (Lamb)
- 8 Recipes of Starters (Low Fat)
- 4 Delicious Beef Low Fat Recipes
- 8 Low Fat Fish Recipes

### **Carb Cycling: Your Guide to Rapid Fat Loss and Energy Boost + Quick, Delicious and Easy Recipes**

**Within this comprehensive guide you will discover:**

- Causes of Weight Loss
- What is Carb Cycling
- Types of Carb Cycling
- Benefits of carb cycling
- Suitable exercises for carb cycle
- Delicious, Quick and Easy Recipes

## **The Weight Watchers Cookbook: 50 Simplified Recipes to Help Lose and Maintain Your Weight**

**Inside You Will Learn:**

- What the Weight Watchers Diet program is all about
- The ways to interpret or follow the point and point plus value system and its importance in weight loss and maintenance
- Different breakfast dishes that will take 20 minutes or less to prepare
- Healthy lunch ideas for weight watchers
- How to prepare dinner, Weight Watchers style
- How to prepare healthy snacks and desserts
- Best practices that would help you cook more healthier
- And so much more

## **Low-Carb Cooking for Two: 50 Easy and Healthy Recipes for Busy People**

**Some of the things you will find in this guidebook include:**

- What the low-carb diet is
- Low-carb breakfasts on the go
- Lunches
- Dinner for the couple
- Desserts to die for

# **Quinoa Cookbook: Over 50 Recipes of Healthy Gluten-Free Recipes to Lose Weight**

**Inside you will learn recipes for:**

- 12 beef
- 12 chicken
- 12 fish and seafood
- 12 veggie
- 12 breakfast, snacks and desserts

## **Pumpkin Recipes: 30 Simple and Healthy Yummy Pumpkin Recipes for Every Taste Plus Fall and Winter Meals**

**And not just that, inside you will learn:**

- Different flavors and ingredients that are worthy of a spot at your dinner table.
- Different pumpkin recipes that are not just easy to make but also perfect for fall and winter related festivities, celebrations, gatherings and even potlucks.
- Recipes that make use of the best flavors of winter and fall. These recipes will work with the rest of your pumpkin-based dishes.
- How to properly treat and cook pumpkin to produce great tasting dishes every single time.
- And so much more

While most people find cooking pumpkin a bit challenging, this book aims to completely change your view towards this vegetable.

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**From reader reviews:**

**Marcia Eberhart:**

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**Christopher Mills:**

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**Irving Brehm:**

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