



Low Carb Living Breakfast Time: 30 Delicious Low Carb Breakfast Recipes to Kick-Start Weight Loss (Volume 2)

Linda Stevens

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MOUTH-WATERING, EASY, LOW CARB BREAKFAST IS HERE!

Easy and Delicious Low Carb Ketogenic Breakfast Recipes is a carb-conscious guide ready to rejuvenate your day from the very start: with your breakfast meal. Whatever you crave—be it a smoothie, a sweet pancake, a muffin, or a mouth-watering, breakfast casserole—you can crave it consciously with this guide. Each recipe included in this book contains less than ten grams of net carbohydrates per serving. Thus, each recipe in this book satisfies you while also forcing your body into weight loss overdrive in the form of ketogenesis. Pump up your metabolism in the morning and keep it humming the rest of the day. After all, your mom was right: breakfast is the most important meal of the day!

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