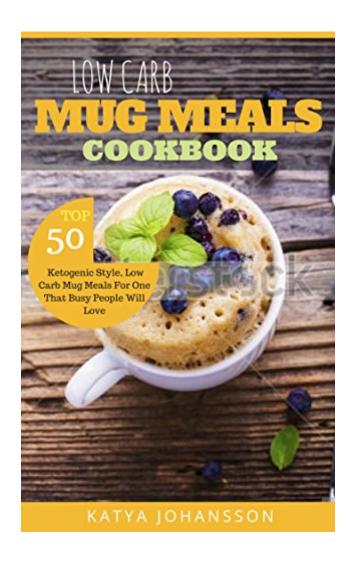
The book was found

Low Carb Mug Meals Cookbook: Top 50 Ketogenic Style, Low Carb Mug Meals For One That Busy People Will Love!





Synopsis

If you're looking for easy & Tasty Low Carb Mug Meals That are Prepared In Minutes, and that Support A Low Carb Diet - This is the book for you...WAIT! BEFORE YOU DECIDE...HERE'S A DEAL YOU WILL LOVE: â-9 FREE KINDLE BOOK W/ EACH PAPERBACKÂ â-, Mug meals are not just for saving time and creating portion-sized recipes. They can become a valuable part of your weight loss goals. Adhering to the low carb diet is much easier when you have low carb recipes that also contain a good amount of protein and healthy fat. This is what the LOW CARB MUG MEALS COOKBOOK presents to you. A This large recipe collection includes low carb, high protein and healthy fat meals that you can put together in minutes. They have a low glycemic index, which means they will not cause a rise in your blood sugar levels. The 65 recipes cover breakfast, lunch, dinner, dessert, snacks, sauces and drinks. Even picky eaters will find something to enjoy in this wide collection of low carb mug meals. A Most of the recipes have less than 10g of carbs per serving and they will give your weight loss goals an extreme boost! A Here's a sneak preview inside "low carb mug meals cookbook":1. Chocolate Hazelnut Mug Cake2. Carrot In Mug3. Almond With Coconut In Mug4. Lemoncoconut Muffin5. Healthy Strawberry Mug Cakes6. Delicious Caramel Mug Cake7. Pumpkin Pie Chocolate Chip Mug Cake8. Tasty Flax Muffin9. 2 Minute Tasty Cake10. Flaxseed With Vanilla In Mug11. Tasty Nutella Mug Cake12. Huevos Rancheros Egg Whites Mug13. Apple Banana "Heated" Oatmeal In A Mug14. Tasty Mug Cheesecake15. 5 Minute Amazing Paleo Chocolate CakeOVERALL - YOU GET 50 AMAZING LOW CARB MUG MEALS FOR ONE RECIPES IN THIS BOOK!No matter the time of the day or night, there is more than enough variety to satisfy you in this book. And there is very little clean-up to do...Save timelose weight, and... get control of your health. REMEMBER:Â FREE KINDLE EBOOK W/ EVERY PAPERBACK YOU GET!Buy your copy now!

Book Information

File Size: 1773 KB

Print Length: 80 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 24, 2016

Sold by: A Digital Services LLC

Language: English

ASIN: B01KZVT6F8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #403,623 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #42 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Quick & Easy > Microwave Cookery #71 in Books > Cookbooks, Food & Wine > Cooking Methods > Microwave Cooking #106 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Quick & Easy > Cooking for One

Customer Reviews

Is this a joke? Recipes are not written for American or English cooks. Full of nonsensical words and phrases. No stars. I want a refund.

This book makes meal planning simple and easy!

Download to continue reading...

Low Carb Mug Meals Cookbook: Top 50 Ketogenic Style, Low Carb Mug Meals For One That Busy People Will Love! Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes, ketogenic plan) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrade, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) KETOGENIC DIET: KETOGENIC DIET FOR BEGINNERS: KETOGENIC COOKBOOK: 450 Best Ketogenic Diet Recipes (keto, keto clarity, ketosis, ketogenic desserts, ketogenic ... diet plan, ketogenic diet for weight loss) Low-Carb Mug Meals for One: 40 Healthy and Delicious Mug Recipes to Try in Less than 15 Minutes (Meals for Busy People) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high

protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Paleo Mug Cakes: Over 40 Healthy and Yummy Five-Minute Mug Cake Recipes Plus Decorating Ideas and Essential Secrets of Making the Perfect Mug Cakes (Low Carb & Microwave Meals) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Ketogenic Diet: The Permanent Weight Loss Guide - Ketosis, Low Carb & Ketogenic Mistakes (Ketogenic, Paleo, Low Carb, Weight Loss, Ketogenic Diet)

Dmca