



# **Low Carb Diet Plan: An Optimal 30 Day Plan For Losing Weight (Low Carb And Weight Loss Recipes)**

*Karen Green*

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**Low Carb Diet Plan: An Optimal 30 Day Plan For Losing Weight (Low Carb And Weight Loss Recipes) Karen Green**

**AWESOME FREE GIFT INSIDE: A COOKBOOK WITH OVER 30 HEALTHY AND DELICIOUS RECIPES FOR WEIGHT LOSS!!!**

**Discover the ultimate 30 day low carb diet plan that will make you lose weight effortlessly, become healthier and feel amazing!**

This book does not only provide a detailed 30 day low carb weight loss diet plan, but it also advises you on the ideal physical activity that you should engage in to start burning calories as you progress through the days. Each week has a different physical activity recommended that slowly and easily increases its intensity. Also, each day has a specific diet plan that includes breakfast, lunch, dinner and snacks.

In this book you will learn:

- How our lifestyles and habits affect our health and makes it difficult for us to lose weight.
- How our bodies consume energy and why a low carb diet is one of best ways to lose weight.
- How toxins negatively affect our immune system, potentially causing health complications like constipation, inflammation or allergies.
- Why is important to detoxify our bodies and reinforce our immune system eating the right anti-inflammatory diet.
- How our modern and sedentary lifestyle makes us consume less calories than we should causing us to start gaining weight.
- The best kept secrets on how to successfully lose weight following this or any other diet.
- Understand why you should aim to maximize the metabolism of fat and how to aim for optimal ketosis.
- How your ideal eating proportions should be like and which ones are the best foods to eat.
- And much, much more!

**What are you waiting for? Implement this healthy low carb diet and start changing your life today!**

**Click the BUY button to download your copy of “The Ultimate Low Carb Diet Plan” right now!**

Tags: Low Carb, Weight Loss, Low Carb Cookbook, Low Carb Diet, Low Carb Diet Plan, Fast Low Carb, Low Carb Lifestyle, Low Carb Foods, Low Carb Meals, Low Carb High Fat, Low Carb Gluten Free, Low Carb for Beginners, Fat Loss Diet, Low Carbs, Low Carb Recipes, Losing Weight, Weight Loss Diet, Lose Weight, Lose Fat, Fat Loss Diet, Eat Healthy, Healthy Diet, Quick And Easy, Quick And Easy Low Carb, Low Carb Keto Low Carb Recipes For Weight Loss, Low Carb Eating, Low Carb Low Fat, Low Carb Living, Low Carb Cookbook, Low Carb Diet

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