



# **Low Carb Meals Box Set (6 in 1): Over 200 Best Low Carb Recipes for Busy People (Low Carb Recipes & Comfort Food)**

*Sheila Hope, Melissa Hendricks, Erica Shaw, Wendy Cole, Ingrid Watson*

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## **Low Carb Meals Box Set (6 in 1)**

### **Book One: Low Fat Soups and Stews: 45 Quick and Easy Low Fat and Low Carb Recipes for Your Pressure Cooker, Crockpot, Blender**

#### **Inside You Will Learn:**

- Different ways to cook soups
- Tips for making the best soups
- How to use different appliances
- Low-carb and low-fat soup recipes for blenders
- Tasty soups and stews for the pressure cooker
- Favorite Crockpot soups and stews
- And so much more

### **Book Two: Bone Broth Magic: Easy and Healthy Recipes for Beginners to Lose Weight, Reduce Inflammation, Fight Infections and Much More!**

#### **Inside you will learn**

- How you can make your own bone broth with a few, simple ingredients.

- Easy-to-follow recipes for using your homemade bone broth in beef, pork, poultry, and seafood recipes.
  - Tips and Tricks for successfully preparing bone broth to get highly nutritious meals to reduce inflammation, lose weight, and improve your skin tone.
- You can do it!

## **Book Three: Instant Pot Pressure Cooker: 40 Healthy Low Carb Electric Pressure Cooker Meals to Lose Weight and Save Time**

### **Inside You Will Learn:**

- What an instant pot pressure cooker is
- How to use your instant pot pressure cooker
- Tips for using your new instant pot pressure cooker
- Low carb breakfast recipes
- Recipes for your favorite side dishes
- Award-winning desserts
- Main dishes that are sure to please
- And Much More

## **Book Four: Low Carb Diet: Quick and Easy Low Carb Recipes for Busy People on the Go**

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

- Some good breakfasts to keep you full in the morning
- Lunches to take on the go with you
- Dinners the whole family will love (without knowing they are diet foods)
- Desserts to keep you on track

Check out this guidebook today to see how tasty and delicious being on the low carb diet can be for you.

## **Book Five: Low Carb Italian Pasta: Best Pasta Recipes Made Healthy and Delicious, Low Carb, Vegan, Gluten Free**

**Readers will enjoy and feel empowered to start eating right this year and for many years to come because they will:**

- Learn how to make Italian pasta dishes that are healthy and easy.
- Be encouraged to experiment and try out different kinds of pastas to make all their Italian or any type of pasta recipes or dishes.
- Find out how to tailor fit recipes based on their diet lifestyles or preferences.
- Get to know different substitutions in terms of ingredients in order to recreate some of the recipes featured in this book.
- And so much more

Bring out your inner Italian Nona (a.k.a grandmother) by simply trying out these easy healthy pasta recipes!

## **Book Six: Paleo Crock Pot Meals: 40 Amazing Low Carb and Gluten Free Recipes and Dump Meals for a Slow Cooker**

### **Inside You Will Learn:**

- How to Eat on the Paleo Diet
- How to Create Delicious Dinners and Desserts in Your Crock Pot
- Tips to Making Your Recipes the Best They Can Be
- How to Avoid Making Mistakes with Your Crock Pot
- Tips to Making the Paleo Diet Work Best for You When Using a Slow Cooker
- And Much More

Once you've decided to try the Paleo diet and the recipes included in this book, you will be discover you can still eat delicious food that never goes out of style.

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#### **Matthew Dealba:**

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#### **Charles Holland:**

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#### **Brian Scheele:**

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