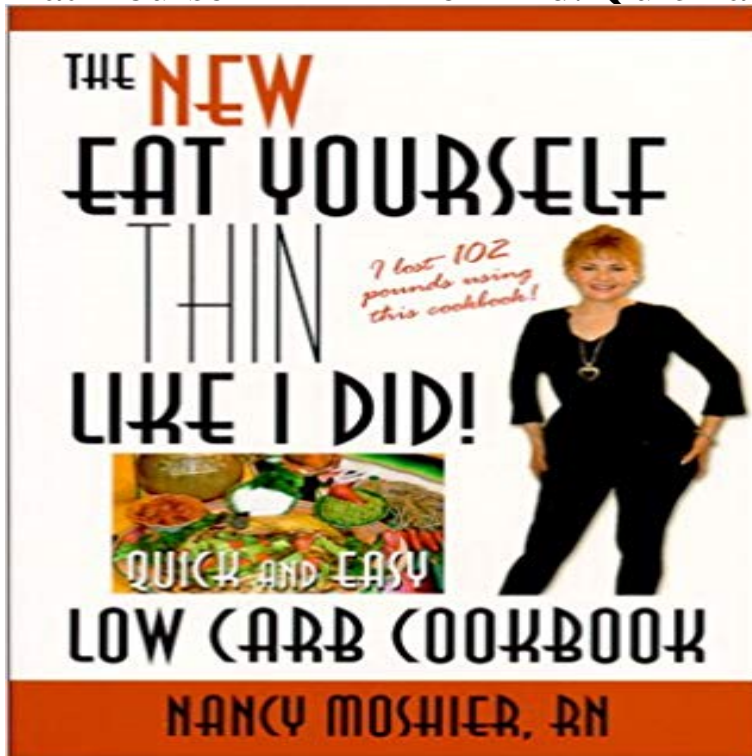


Eat Yourself Thin Like I Did: Quick and Easy Low Carb Cookbook



Quick and Easy delicious low-carb recipes developed for people following any low carbohydrate diet. Serving sizes and carb counts for every recipe are accurate and a lay-flat binding allows the cookbook to remain open at all times. Easy to find and easy to use ingredients makes this cookbook a wonderful addition to any kitchen.

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