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Low Carb Breakfasts: 25 Full of Taste and Low in Carb Breakfasts to Energize Your Day: (Low Carbohydrate, High Protein, Low Carbohydrate Foods, Low Carb, Low Carb) (Paperback)

By Adrienne Lorance

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after the conclusion. Low Carb Breakfasts: (FREE Bonus Included) 25 Full of Taste and Low in Carb Breakfasts to Energize Your Day Breakfast is by far the most important meal of the day. It is what wakes you up, gets you going, and revs up that metabolism to keep you burning through those calories. Many people skip breakfast for a variety of reasons, and they shouldn t. They think that they don t have time for it, or they think that they don t really need it. Again, there are people who are on special diets that don t think they can squeeze a breakfast in. Now, you don t have any excuse to skip this energizing meal, and you are going to find that it actually helps you lose weight and get to your goals faster. These breakfasts are all low carb, but packed with nutrition and taste. Who says low carb can t be...

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