



Low-Carb Plant Based Diet: A List of Plant Based Easy to Prepare Healthy Low Carb Foods to Help You Lose Weight Fast

Kimberly Scott

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Debunking The Myth About Carbohydrates

If carbs are so important, why then do some people stop taking them altogether?

Most of us know of that super health conscious friend or family member who doesn't take *any* carbs at all for his or her meals..whether it is rice, noodles, or pasta.

And their usual line of reasoning goes like this: **“Carbs will make me fat”**

I find that statement an irony, because while it's true that having too much carbs isn't helpful to weight loss, our bodies still need it for energy!

Understand the Difference Between Natural Carbs, and Artificial Carbs

Natural carbs (such as the Mediterranean Diet), when taken in moderation can give you the much needed energy boost for the day. However, our bodies do a poor job burning the artificial carbs that are mostly found in the processed foods we eat everyday.

Artificial carbs tend to spike glucose and insulin production, and make you feel hungry sooner than natural foods.

On the other hand, we must continue to maintain a healthy intake of natural carbs.

If you want to lose weight fast, it is important then to reduce the artificial carbs, while not sacrificing on the natural carbs.

Follow this Guide and Learn How These Plants Can Substitute

Artificial Carbs With Natural Carbs!

“Low-Carb Plant Based Diet: A List of Plant Based Easy to Prepare Healthy Low Carb Foods to Help You Lose Weight Fast” will show you what foods contain unhealthy carbs, and also show you ingredients and easy to prepare recipes that contain natural carbs.

You'll learn how to:

1. Differentiate healthy from unhealthy carbs
2. Bust the myth that carbs alone cause you to be fat
3. Reduce your carb intake the right way
4. Important ingredients that will give you the right carb intake
5. Make 6 simple low carb recipes
6. Make 3 advanced low carb recipes

Indeed, consuming less carbs will help you lose weight faster. But it's a matter of consuming lesser of the wrong kind of carbs. This book will show you what to avoid.

Would You Like To Know More?

Download now and start reducing your carb intake the right way TODAY!

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