



# **LOW CARB: 25 LOW CARB & HIGH PROTEIN RECIPES. How To Lose Weight WITHOUT DIET And EXERCISE!: (low carb diet books, low carbohydrate foods low carb, low ... manual, weight watchers cookbook Book 1)**

Dana Bakrley

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## **20 LOW CARB & HIGH PROTEIN RECIPES.**

### **How To Lose Weight Without Diet And Exercise**

If you have been struggling to find the right balance between diets and exercise you are not alone. Most diets actually fail after the first day because there is not a coherent and understood plan of how to balance the diet with your life. If you try to drastically change your routine and take away all comfort factors immediately in one day you are just setting yourself up for failure.

The differences between lose weight quick gimmicks and this program are substantial. This program is a proven method that was first discovered in 1958 and introduced to the world through a scientific research study that documented the benefit of high protein and low carbohydrate intake. There is a solid scientific base behind these efforts. Research identified that the human body can run on two types of fuels, carbohydrate fuel, and fat fuel.

Fat then works as an excess fuel that sits in storage. I bet you didn't know that your beer belly was an emergency fuel supply! But it is. When the body is low on carbohydrates; it immediately starts burning its stores of fat. So bye, bye belly! This program reprograms your physiology on the molecular level getting it to switch its energy source from carbs to fat. So you literally burn up this fat as fast as the body can convert it to a substantial energy source.

This method is unlike other diet plans because its operating basis is a proven scientific fact and in writing this I just want to highlight safe and sustainable measures that can be taken to begin this effective weight loss routine. This method is based on a proven formula that consists of lowering carb intake while simultaneously raising protein consumption. The elevation of protein in the body serves multiple purposes, the ingestion of high protein allows for safe weight loss without losing muscle mass. Many other diets do not have this safety cushion and participants lose an unhealthy amount of muscle while they lose weight.

All of these steps have been plotted out for you in this e-book to provide the safest, most comfortable, and effective way to lose weight. We take this plan to completion step by step. This book outlines how to slowly modify your diet a day at a time until you reach the low carbohydrate and high protein mark. This formula is a recipe for success and if you follow the plans outlined you are well on your way to weight loss, losing as much as a pound a day.

## Some things you can expect to see in this book

- No Added Sugar Desert Recipes
- High Protein & Low Carb Main Meal Recipes
- How to Count Carbs
- Raising your Protein Profile
- Following a Diet Plan

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