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*Jackie Evans*

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This eBook presents 50 stunning low-carb recipes to help you lose weight. Low-carb recipes offer a way for dieters to abandon meticulous calorie counting and enjoy tasty rewarding meals, whilst still losing weight.

This guide is separated into five different chapters. The first chapter provides you with 14 tantalizing meals for breakfast. In the second chapter you will discover 14 fantastic meals for lunch, whilst the third chapter will gift you 14 main meal recipes. The fourth chapter offers 8 amazing low-carb dessert meals.

Finally these meals will be arranged in an easy, diverse 2-week low-carb meal plan.

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