



# **Low Carb Diet: A List of Low Carb Foods and Snacks to Help you Lose Weight Fast (Low Carb Food List and Low Carb diet Plan)**

*Melissa Help*

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When we speak of restricting carbohydrates from our diet, we do not refer to all forms of carbohydrates. In the end, a healthy diet must contain a substantial amount of carbohydrates as an additional energy source to protein and fat. What we mean here is refined carbohydrates as opposed to complex carbohydrates.

### **A preview of what you are going to be learning from the book:**

- What a low-carb diet is
- How to begin a low-carb diet
- Lists of different types of low-carb food
- Low-carb breakfast meals
- Low-carb snacks
- Low-carb dinners
- Low-carb desserts
- And much, much more...

### **A few ideas on what to eat on a low-carb diet from the book:**

#### **Eggs**

*There are many different types of dishes you could put eggs into. Eggs will give you a lot of energy to start your day. The healthiest way to eat eggs, is by using the egg whites only.*

#### **Omelettes**

*There are many healthy ingredients that are not carbohydrates that could be put into an omelette and make it taste delicious. Just be sure before you put these ingredients into the omelette, saute them first. Here are lists of different types of ingredients to put into an egg white omelette:*

**Snacking throughout the day is a great way to help you lose weight. Here are some snack ideas while on a low-carb diet:**

*Take a slice of turkey deli meat, grab a slice of cheese, and roll it up for an easy quick snack.*

*Make a protein shake with your favorite protein powder.*

## **More low-carb foods from the book:**

**Here is a list of different types of food to eat for dinner while on a low-carb diet:**

*Cut up a boneless-skinless chicken breast into two to three inch pieces, broccoli, mushrooms, cauliflower, and carrots. Take about two tablespoons of olive oil or coconut oil and stir fry the chicken first and then add in the vegetables.*

*Ground turkey meatballs, marinara sauce, add a little parmesan cheese, and put them on top of butter lettuce to make a meatball lettuce wrap.*

**As you can see the tips offered in this book are straight to the point. You will be learning from condensed information on how to exactly lose weight on a low-carb diet.**

**Buy the book now while it is being offered at a low introductory price; you will be so glad you did!**

Tags: low carb diet, low carb foods, low carb snacks, low carb breakfast, low carb diet plan, low carb, low carb food list, low carb diets, weight loss diet, low carb diet foods, low calorie diet, no carb meals, no carbs diet, foods low in carbs, how to lose weight fast, lose weight fast



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