



# **Gluten-Free and Low Carb Recipes Box Set: Over 200 Mouthwatering Low Carb Cheesecake Recipes. Cookies, Ketogenic Desserts, Weight Watchers Recipes (Low-Fat & Gluten-Free)**

*Melissa Castro, Jessica Meyers, Melissa Hendricks, Vicki Day*

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## **Gluten-Free and Low Carb Recipes Box Set (5 in 1)**

### **Book One: Gluten-Free Cookies: 50 Recipes of Yummy Cookie Goodness to Try for Your Family**

With the increase in the number of health conscious people in the world, it is important to make sure of everything that we eat and put in our bodies. There have been so many speculations with regard to the concept of gluten and how it causes harm in the human system. And while some possess a tolerance for gluten rich food products, there are those who simply does not have the tolerance for it. It causes different adverse effects on their bodies that they end up skipping foods that are usually rich in gluten such as bread and pastries. But why should one deprive himself of eating great tasting and healthy food when there is a solution or a workaround for it?

#### **Here is a preview of what you will learn from this book:**

- Educate readers about what is gluten and its negative effects on the human body.
- Offer 50 scrumptious cookie recipes that would make anyone forget about the need for gluten.
- Baking hacks for those who would like to go gluten-free and
- How to gradually skip gluten for those who are used to baking and eating gluten rich food.

### **Book Two: Ketogenic Diet Explained: Weight Loss Guide with Over 40 Quick and Easy Low-Carb Recipes to Make You Slim in No**

## **Time!**

This guidebook is going to spend some time looking at the ketogenic diet as well as some tasty recipes that can get you started.

**In this guidebook you will learn everything that you need to about this diet including:**

- Some of the basics about the ketogenic diet
- Some healthy breakfast recipes to get the day started off on the right foot.
- Lunches that taste great and can prevent you from going out at lunch time.
- Dinners that the whole family will love
- Healthy desserts to satisfy that sweet tooth that has been bothering you.

## **Book Three: Ketogenic Desserts Cookbook: Low Carb Fat Bombs and Dessert Recipes to Satisfy Your Sweet Tooth!**

Written in easy-to-understand language, this book will explain how you can turn a few ingredients into a quick, tasty, fat burning dessert.

**Inside you will learn—**

- How you can make delicious fat bomb desserts and treats.
- Easy-to-follow recipes for chocolate, fruit-flavored, sweet and savory treats.

## **Book Four: Cheesecake Recipes: Best Low-Carb Quick and Easy Cheesecake Recipes to Lose Weight with Pleasure**

**Inside you will learn:**

- How you can make low carb versions of cheesecake that are delicious!.
- Easy-to-follow recipes for plain, chocolate, fruit flavored and other specialty cheesecake.
- Tips and Tricks for successfully preparing low carb cheesecake.

You can do it!

## **Book Five: The Weight Watchers Cookbook: 50 Simplified Recipes to Help Lose and Maintain Your Weight**

### **Inside You Will Learn:**

- What the Weight Watchers Diet program is all about
- The ways to interpret or follow the point and point plus value system and its importance in weight loss and maintenance
- Different breakfast dishes that will take 20 minutes or less to prepare
- Healthy lunch ideas for weight watchers
- How to prepare dinner, Weight Watchers style
- How to prepare health

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**From reader reviews:**

**Joy Hanson:**

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As people who live in the particular modest era should be up-date about what going on or facts even knowledge to make them keep up with the era which is always change and move ahead. Some of you maybe will update themselves by examining books. It is a good choice for yourself but the problems coming to anyone is you don't know what type you should start with. This Gluten-Free and Low Carb Recipes Box Set: Over 200 Mouthwatering Low Carb Cheesecake Recipes. Cookies, Ketogenic Desserts, Weight Watchers Recipes (Low-Fat & Gluten-Free) is our recommendation to cause you to keep up with the world. Why, because this book serves what you want and want in this era.

**Allison Carson:**

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