

Ultimate Low Carbs Healthy Fats Menu Plan eBook



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Short Description

Downloadable eBook (PDF Format)

Description

Do you suffer with:

Hyperinsulinemia, Diabetes or High Cholesterol?

Do you want to:

- Lose weight or simply maintain your current weight?
- Cook healthier for your family?
- Improve Heart Health?

Then our Low GI, low carb, no added sugar recipes can help!

FEATURES OF THIS RECIPE BOOK

Based on all the benefits of low GI and LCHF diets proven by research carried out by various prestigious institutes, our team of qualified Dietitians from Menuconcepts Pty Ltd have developed this recipe book to help you improve your overall health and help you in

your quest for a happier healthier you!

Recipes in this book are LCHF based, low calorie, low GI , low carb and no added sugar.

40+ LCHF Menus! Plus Vegetarian

The Ultimate LCHF (Low Carb Healthy Fat) Menu Plan eBook

- 40+ Low Carb Daily Menu's to choose from!
- Over 1200 Low Carb Breakfast, Lunch and Dinner Ideas!
- No need to get bored any more!

Help your body get well using these new LCHF (Low Carb Healthy Fats) eating strategies.

LCHF will help you if you suffer with:

Difficulty with Weight Loss, Cravings, Bloating, Tiredness, Hunger, Binging, Hyperinsulinemia, (Pre) Diabetes, High Cholesterol and Triglycerides, and Gut Issues?

Buy your ebook now And get started!

FEATURES OF THIS MENU PLAN EBOOK (PDF format)

Based on all the benefits of low GI and LCHF diets proven by research carried out by various prestigious institutes including CSIRO, our team of qualified Dietitians from Menuconcepts Pty Ltd have developed this Menu Plan ebook to help you finally start losing weight without hunger and to reverse chronic disease and improve your health.

The 40+ daily menu plans in this book are based on LCHF research, are very low GI , low in carbohydrate and have no sugar.

Simply choose a daily menu and follow it! It is that easy!