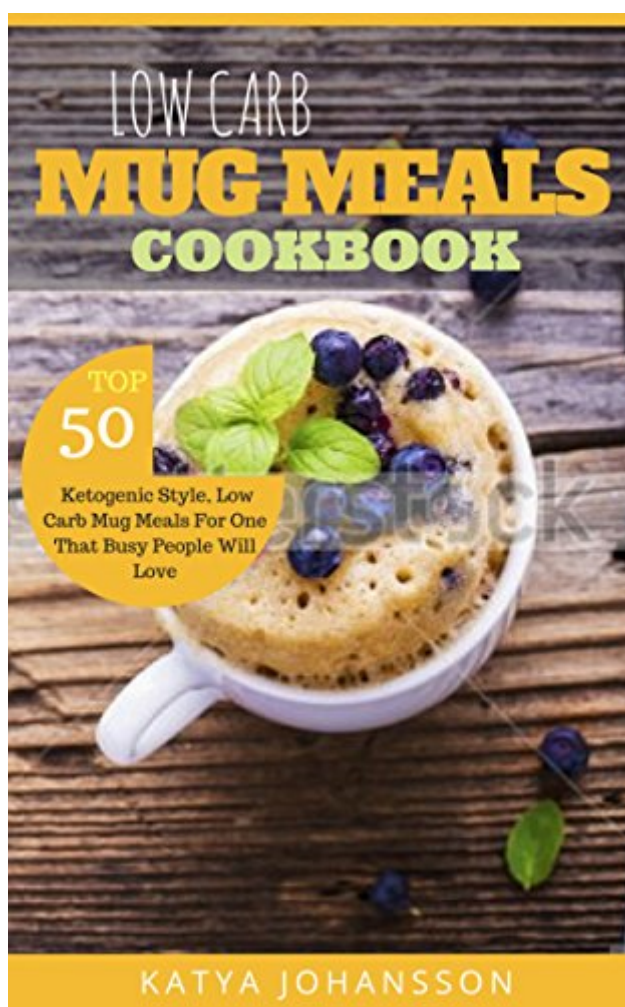


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# Low Carb Mug Meals Cookbook: Top 50 Ketogenic Style, Low Carb Mug Meals For One That Busy People Will Love!



## Synopsis

If you're looking for easy & Tasty Low Carb Mug Meals That are Prepared In Minutes, and that Support A Low Carb Diet - This is the book for you...WAIT! BEFORE YOU DECIDE...HERE'S A DEAL YOU WILL LOVE: FREE KINDLE BOOK W/ EACH PAPERBACK—,Mug meals are not just for saving time and creating portion-sized recipes. They can become a valuable part of your weight loss goals. Adhering to the low carb diet is much easier when you have low carb recipes that also contain a good amount of protein and healthy fat. This is what the LOW CARB MUG MEALS COOKBOOK presents to you. This large recipe collection includes low carb, high protein and healthy fat meals that you can put together in minutes. They have a low glycemic index, which means they will not cause a rise in your blood sugar levels. The 65 recipes cover breakfast, lunch, dinner, dessert, snacks, sauces and drinks. Even picky eaters will find something to enjoy in this wide collection of low carb mug meals. Most of the recipes have less than 10g of carbs per serving and they will give your weight loss goals an extreme boost! Here's a sneak preview inside "low carb mug meals cookbook":

1. Chocolate Hazelnut Mug Cake
2. Carrot In Mug
3. Almond With Coconut In Mug
4. Lemoncoconut Muffin
5. Healthy Strawberry Mug Cakes
6. Delicious Caramel Mug Cake
7. Pumpkin Pie Chocolate Chip Mug Cake
8. Tasty Flax Muffin
9. 2 Minute Tasty Cake
10. Flaxseed With Vanilla In Mug
11. Tasty Nutella Mug Cake
12. Huevos Rancheros Egg Whites Mug
13. Apple Banana "Heated" Oatmeal In A Mug
14. Tasty Mug Cheesecake
15. 5 Minute Amazing Paleo Chocolate Cake

OVERALL - YOU GET 50 AMAZING LOW CARB MUG MEALS FOR ONE RECIPES IN THIS BOOK! No matter the time of the day or night, there is more than enough variety to satisfy you in this book. And there is very little clean-up to do...Save time, lose weight, and... get control of your health. REMEMBER: FREE KINDLE EBOOK W/ EVERY PAPERBACK YOU GET! Buy your copy now!

## Book Information

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Is this a joke? Recipes are not written for American or English cooks. Full of nonsensical words and phrases. No stars. I want a refund.

This book makes meal planning simple and easy!

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