



# The 30-Day Low-Carb Diet Solution

*Mary Dan Eades, Michael R Eades*

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From the authors of the phenomenal bestseller *Protein Power* comes a quick, easy-to-follow low-carb diet plan designed to get you on the fastest possible track to losing weight, feeling fantastic, and improving your health. If you've heard all the recent publicity about how low-carb eating can turn your health around--by keeping your insulin levels down and getting your excess weight off--but don't want to wade through hundreds of pages of explanation or complicated formulas before you get started, *The 30-Day Low-Carb Diet Solution* is for you. Unlike any other low-carb diet book in the market, this book gives you low-carb 101: the basics of low-carb eating without all the fuss.

In this much-needed book, two of the most trusted names in low-carb dieting who have helped millions of readers lose weight provide the simplest possible diet designed for the best possible results. Drs. Michael and Mary Dan Eades give you the step-by-step basics--what to eat, what to avoid--and even provide specific low-carb meal plans to guide you at breakfast, lunch, dinner, and snacks for a full month. For those who would rather design their own meals, they include expert advice for easily creating a customized plan based on your current weight, health status, and goals. They show you the exact portions of carbohydrate-rich foods you can enjoy now to reach those goals and how to increase those amounts to maintain your health and weight for the long haul.

Simply by knowing your height, weight, and gender, you can quickly determine how much protein to eat for optimal health--no complicated measurements, charts, or formulas to follow. The Drs. Eades include everything you need to get started now: self-assessment quizzes to help you effortlessly tailor your program to fit your needs, fill-in worksheets for planning meals and tracking your progress, and other important nutritional information for easy reference.

By following the simple but highly effective and powerful diet in *The 30-Day Low-Carb Diet Solution*, complete with 30 days of meal plans and more than 100 delicious and easy recipes, you'll be on your way to a thinner and healthier you in just a month!

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#### **Eric Beckman:**

Here thing why that The 30-Day Low-Carb Diet Solution are different and dependable to be yours. First of all reading through a book is good but it depends in the content from it which is the content is as delightful as food or not. The 30-Day Low-Carb Diet Solution giving you information deeper and different ways, you can find any publication out there but there is no reserve that similar with The 30-Day Low-Carb Diet Solution. It gives you thrill looking at journey, its open up your current eyes about the thing that happened in the world which is perhaps can be happened around you. It is easy to bring everywhere like in park your car, café, or even in your means home by train. When you are having difficulties in bringing the published book maybe the form of The 30-Day Low-Carb Diet Solution in e-book can be your option.

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#### **Charlotte Neville:**

Spent a free a chance to be fun activity to accomplish! A lot of people spent their spare time with their family, or their friends. Usually they undertaking activity like watching television, likely to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Can be reading a book could be option to fill your free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the reserve untitled The 30-Day Low-Carb Diet Solution can be good book to read. May be it could

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