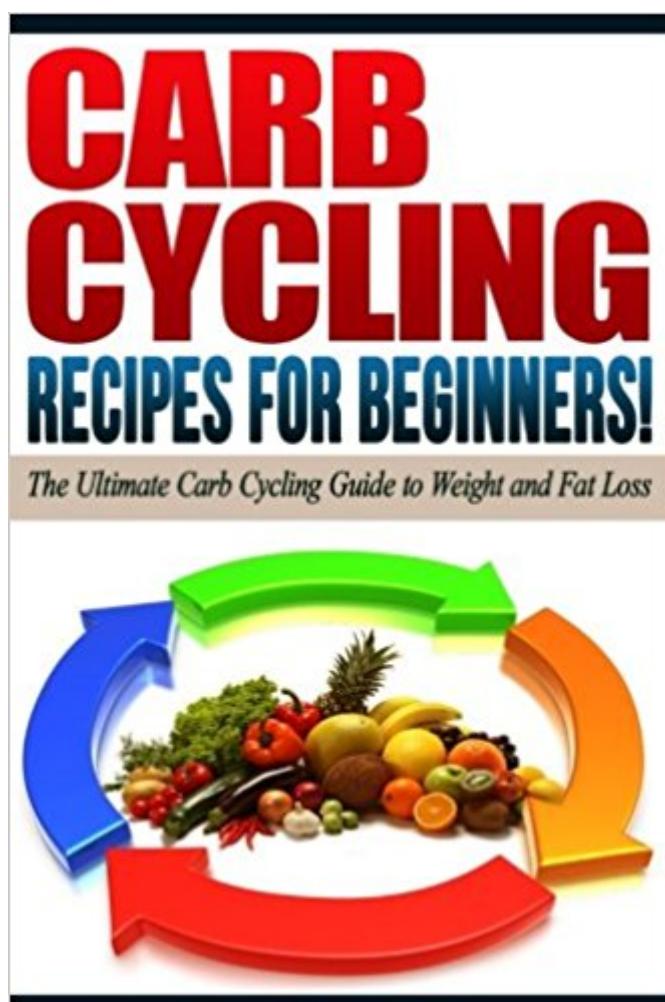


The book was found

CARB CYCLING - The Best Carb Cycling Recipes For Beginners!: ARB CYCLING - The Ultimate Carb Cycling Guide To Weight And Fat Loss



Synopsis

Start Losing Weight Today! "Carb Cycling Recipes for Beginners!" contains proven steps and strategies on how to fully understand the underlying principles behind Carb Cycling. It discusses the purpose of the program, how it works, and its effects and benefits. The Carb Cycling program is simply an eating plan that alternates days when you eat foods with low carbohydrates and foods that are high in carbohydrates. This book gives sample recipes for both days. It provides meal choices for the readers for breakfast, entrees and side dishes and main dishes, for both low-carbohydrate and high-carbohydrate days. The recipes were especially chosen for easy and simple preparation and availability of ingredients. Since this is meant for beginners, we want them to realize how simple and easy it is to follow this diet and to prepare food everyday. Following the basic implementation plan of the Carb Cycling diet and trying out the recipes here for assigned days will eventually benefit the individual trying to lose weight and eliminate fats in their bodies. This will lead to a healthier lifestyle that can be easily sustained.

Book Information

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Customer Reviews

This book had a lot of interesting recipe ideas for lower carb meals. It gave me some good ideas for uses of alternate types of flours, such as using nut flours to make muffins, or cauliflower and eggs to make tortillas. This is useful to me because I eat a gluten-free diet. There were also many delicious and filling breakfast recipes, in both the low-carb and high-carb categories. The recipes are helpfully divided into a lower carb section and a higher carb section. This book is not an instruction book on how or when to do carb cycling, but is a recipe book that people who are doing carb cycling can use, and as such, is a stand-alone recipe book that anyone can use. The book does not appear to

have been edited and there are many grammatical errors, but these errors do not influence an ability to follow the recipes.

This book has loads of recipes that follow the carb-cycling diet. From breakfast, sides and entrees to main dishes, you can have recipe ideas during both your low carb and high carb days. I think you'll forget that you're actually on a diet because the names of the recipes sound delicious like Honey Mustard Burgers and Homemade Chocolate Frosted Donuts which I'll ask my wife to prepare this weekend. Aside from the recipes, the book also explains how this type of diet works. Just a side note, it would be better if each recipe also has nutrition facts at the end so that those who are counting calories can benefit more from the diet. I hope that the next edition would also include pictures of each recipe.

I always enjoy reading health related information and this book was rather interesting, since I had never heard of Carb Cycling before. It was quite informative, sharing information such as: how the carb cycle works, how it can work for you, how to set it up, review of nutrients to be mindful of, cheating on this diet, sample meal plan and more! In this book you will learn how to fully understand the underlying principles behind Carb Cycling. The idea of carbs and the threat of gaining weight came into mind, but this book clearly and simply explained what exactly carb cycling is. You will also discover various recipes which are especially chosen for easy and simple preparation and availability of ingredients. This book explains things in a way that is easy to understand and follow. It has a lot of practical advice and tricks for getting through the rough times. I really like the fact that the author has provided sample plans for the weight loss. This is far and away the best way to lose weight. After reading this book I have a better understanding of how carbs work in your body. I will be following the plan in hopes of changing my life style and begin to be a more healthy and productive person. Of all the books I have read on Carb Cycling and weight loss I believe this one is the best. Recommended for heavy weight people.

Carb cycling is a diet I didn't know about until I saw this book on promotion. When I researched and learned that it alternates between high carb and low carb, I gave it a go because that can be mixed with ketogenic diet, right? Although I'm not sure, that's just my opinion. For the review: First of all, be warned: this book does not contain macro counts, which I don't normally mind but it would still be good to have it just in case I am in the mood to monitor calories and carbs. This book also has no info as to how you will start with the diet, so if you're looking for that, go somewhere else. I think the

author should change the subtitle for this book because this isn't going to be the "ultimate guide" for carb cycling. Now, why did I give it 5 stars? Well, it's because it suits me well. I love the recipes, they are simple and seem tasty, so I still got a lot from it. Still though, this book has a room for improvement.

With a lot of diet regimens out there this kind of fitness systematic plan is worth a try as it discusses alternating eating plan of having carbohydrate primarily on your diet menu. As discussed carb cycling overview has been tackled along with different recipes to go about with your regimen that is in line with stuffing low and high carbohydrates in your body. The recipes are easy to follow and they are as well appetizing and delicious that won't give you any guilt feelings of having excessive carbs on your meals as these menus, carbohydrate counts has been put into consideration.

Everything is simple to follow and easy to make and it is beneficial in ones diet regimen. Surely this is helpful for every beginner who would like to invest and try out this kind of weight reduction plan.

Wow, I'm totally confused. Has anyone else noticed that most of the recipes do not say the number of servings? Do you just make the recipe and eat as much of it as you want? Also, did anyone else notice that the first recipe Turkey Omelette with Beans does not have any beans in the recipe, nor does it mention anything about beans when you serve it? Why would you call it Turkey Omelette with Beans, if there are no beans in it? Notice too, that there is no author's name for the book?

I've read through other information on carb cycling, but the information in this book was laid out perfectly. It was simple, easy to read and full of information. If you are looking for a simple, scientific approach to eating healthy, this book offers a clear path. Good information in this book, good recipes and good ideas. I'm ready to start a new clean life with the help of this book

I am just happy to see easy recipes that can qualify as healthy and nutritious as found in this book. The selection that consists just about everything needed from soups to main courses to desserts are available here. Though I had no idea what carb cycling is all about, the introduction gave me some basics on the benefits of using a carb cycling diet. I will have to read about it in another book. This is a recipe book anyway, and so far, I am satisfied with this collection of dishes I can easily make anytime.

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