



Low Carb Meals: How to Make Vitamin Rich Smoothies and Superfood Recipes

Sandra Connolly

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Low Carb Meals: How to Make Vitamin Rich Smoothies and Superfood Recipes Discover a great way to stay on your low carb diet with tasty, easy-to-make smoothies. Recipes that are packed with vitamins, minerals, amino acids, and fiber, will make you feel refreshed and energetic. Find out how you can blend your own fresh ingredients and toss out those advertised powder mixes. With no preservatives or additive, you know that nothing but low carb and high protein will be rushing toward every part of your body. Find the secret to making the best green smoothies that are thick enough to eat with a spoon, and be a low carb meal, in itself. Creative flavours that come from zucchini and oranges, with a touch of almond, will make you wonder why this drink hasn't been marketed. If you are new to tofu, these luscious recipes will show you how the texture can be perfect for making a shake or rich, creamy smoothie, with fruits, vegetables, or a combination of both. Low carb meals that are healthy need not be a chore of lots of planning and prep work. With the 5-day menu guide that presents meals and snacks, you will see what a variety of low carb smoothies and treats can be enjoyed, while shedding the pounds. The second part of this exciting cookbook, shares Super foods of the Low Carb family. Healthy low carb meals, like meat and fish dinners, laced with Super foods, like spinach, tomatoes, sweet potatoes and fresh herbs, make melt-in-your mouth variety. Desserts and snacks that continue the Super food slogan, contain apples, granola, blueberries, and yes, chocolate. Eating low carb foods can be fun as the pounds melt off, your BMI improves, and your energy level soars. Bringing your health up to a level where you don't feel sluggish and tired, will keep you on this diet, long after your goals have been met.

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