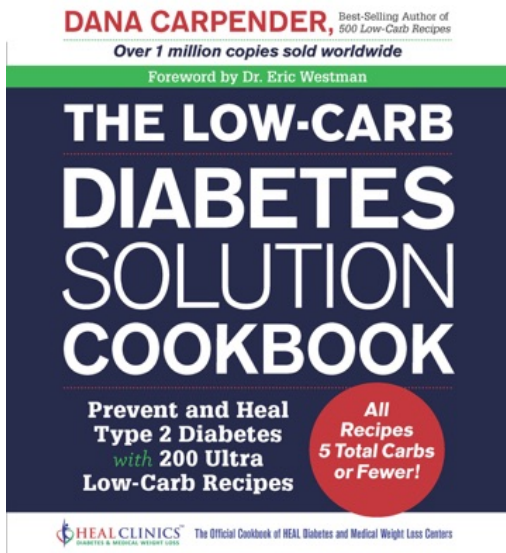


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The low-carb lifestyle continues to be a popular choice among those trying to lose weight through the ketodiet, resolve insulin resistance, and combat pre-diabetes and Diabetes. Those in the gluten-free and Paleo/Primal diet communities are also searching for recipes with that, help the gut, work with their lifestyle and benefit their health. Foods that are high in fat and low in carbs are, in some cases, just what the doctor ordered. Bestselling low-carb author and advocate, Dana Carpender, strips away the carbohydrates (grains and starches) and reveals 200 of her best ultra-low carb recipes for those who are looking to take their low-carb lifestyle to the next level. These recipes have been recipes updated to be Paleo/Primal-friendly, featuring no artificial sweeteners, gluten, or other processed ingredients. The official cookbook of HEAL Diabetes and Medical Weight Loss Centers, founded

by Dr. Eric Westman, this book has 200 recipes to jumpstart your nutrition and get you on the path to a healthier, happier you.

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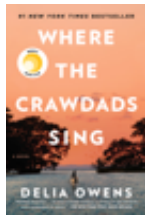
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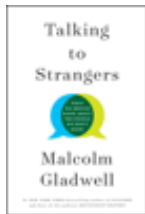
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