

Ultimate Low Carbs Healthy Fats Menu Plan Book

Price: \$19.00 AUD

Short Description

Myhealthontrack Accredited Nutritionists and Accredited Dietitians - Ultimate low carbs healthy fats (LCHF) menu plan book, the final road to weight loss. **Downloadable eBook (PDF)**

Description

Do you suffer with:

Hyperinsulinemia, Diabetes or High Cholesterol?

Do you want to:

- Lose weight or simply maintain your current weight?
- Cook healthier for your family?
- Improve Heart Health?

Then our Low GI, low carb, no added sugar recipes can help!

FEATURES OF THIS RECIPE BOOK

Based on all the benefits of low GI and LCHF diets proven by research carried out by various prestigious institutes, our team of qualified Dietitians from Menuconcepts Pty Ltd have developed this recipe book to help you improve your overall health and help you in your quest for a happier healthier you!

Recipes in this book are LCHF based, low calorie, low GI , low carb and no added sugar.

40+ LCHF Menus! Plus Vegetarian

