



The 30-day Low-carb Diet Solution

By Michael R. Eades, Mary Dan Eades

Houghton Mifflin Harcourt Publishing Company. Paperback. Book Condition: new. BRAND NEW, The 30-day Low-carb Diet Solution, Michael R. Eades, Mary Dan Eades, 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...



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