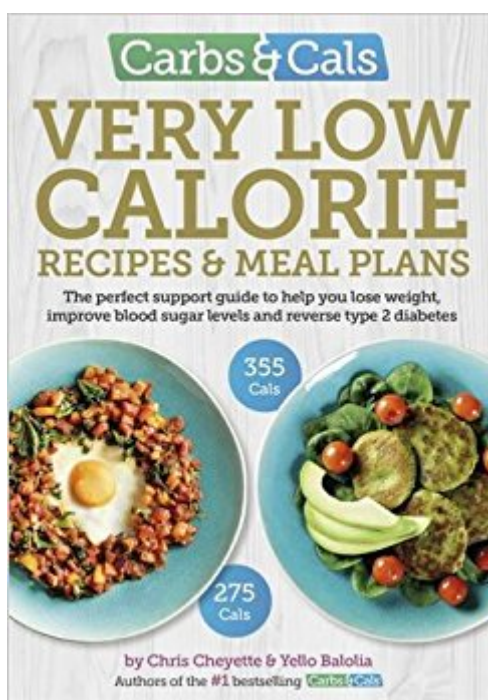


The book was found

Carbs & Cals Very Low Calorie Recipes & Meal Plans: Lose Weight, Improve Blood Sugar Levels And Reverse Type 2 Diabetes



Synopsis

The brains behind the #1 bestselling Carbs & Cals are back with the perfect weight loss book for anyone following a very low-calorie diet, such as the blood sugar diet. Featuring delicious recipes, scrumptious snacks and 30 daily meal plans, this visual guide helps you stick to your calorie budget. Planning low-calorie meals has never been easier!

Book Information

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