

Living Low-Carb: The Complete Guide to Long-Term Low-Carb Dieting

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✓ Verified Book of Living Low-Carb: The Complete Guide to Long-Term Low-Carb Dieting

## Summary:

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Living Low-Carb is a complete handbook for beginning dieters and those who have successfully lost weight on the low-carb lifestyle and are now on the diet for the long haul. Here are tips, tricks, and practical advice for dealing with issues that these dieters face every day:

- How to eat to maintain weight loss
  - The best way to deal with eating binges
  - What to do when dining out or facing temptations during the holidays
  - The safest times of day to eat high-carb foods
- McCullough also provides information on new low-carb products, "secret weapons", mail-order sources, vitamin supplements, the use of "healthy fats" in cooking, and effective bounceback programs from periods of indulgence -- as well as 165 delicious recipes that never seem like a sacrifice.

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