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# Carb Charts - Low Carb Reference

## CARB CHARTS

Low Carb Reference Series



Carb counts for  
veggies, meats, even  
cocktails and liqueurs!

LISA SHEA



## **Synopsis**

\*\* Revised for 2015! More values and information! \*\*When you're out and about, and you lose internet access, do you wish you could still know the carb value in the food you're thinking about ordering? This 98 page carb chart book keeps you on a healthy path. It's important to eat foods that are low in sugar and starch. We all know that. But how do we know which foods are better than others? This handy carb chart provides the solution, no matter what style of diet you are on. No more guessing at what a food will 'cost you' while out at a supermarket or at a restaurant. This useful book provides all the details you need to create a more healthy you! From fruits and vegetables to nuts and berries, many items in a store don't provide you the data you need. With this book you will have the data you need at your fingertips. There is also complete coverage of popular low carb beers, liqueurs, whiskeys, and more. In addition to the base information, all of my low carb books provide appendices which explain how to successfully manage a low carb diet. Let me know if you have any questions or suggestions! I frequently update all my low carb books based on your recommendations.

## **Book Information**

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## Customer Reviews

I enjoyed this book. it was easy to read and gave me a lot of information to start my new way of eating.. my doctor suggested that I started a low carb or no carb way of eating. I don,t like to use the word diet. Looking forward to loosening weight and living longer. thanks for this great tool that I can use

This was exactly what I was looking for! It gave me concise ratings on most foods and was an excellent guide to help me decide which foods I can eat and when. As an insulin dependent diabetic it was extremely helpful.

Good basic info, but there's a lot of discussion in between the food listings that I could have lived without. Written well enough, but all I really wanted was the charts, not the chatter.

This book is NOT a good carb reference at all !It does not break down Carbs or give you net carbs. If you count Carb SKIP this book it is of NO help

I chose 5 stars because this is exactly what I needed to get started on low-carb diet. It has all the carb values (gm) forevery food and drink you can imagine in a great format.This is a must-have if you're going on a low-carb lifestyle.

Terrific book to reference numbers of carbs in what you plan to eat. Fits in my purse for shopping, etc.

This book has no table of contents or index, so you have to scroll through the whole Kindle book to look up a food. A waste of money.

Helps me keep track of what I should and should not be eating. Often gives me ideas that turn into meals (healthy ones).

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Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low

carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating) Low Carb: In 20 Minutes - Over 60 Easy One Skillet Recipes in 20 Minutes Or Less (Low Carb Cookbook, Low Carb Diet Cookbook, Low Carb Cookbooks) Keto Bread Cookbook : (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Ultimate 14 Days Plan For Weight Loss With Low Carb High Protein Diet (low carb for beginner's) Low Carb Slow Cooker Cookbook: Delicious Fat Burning Low Carb Slow Cooker Recipes (Low Carb Crockpot Cookbook Book 3) Low Carb Chicken Recipes: Easy And Delicious Low Carb Chicken Recipes (Low Carb Cookbook)

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