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Nichole Jordan

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Low carb diets, like South beach and Atkins, have been all the rage in recent years—so what's all the fuss? Why does a low carb diet work, with proven results? With *Low Carb Diet: 20 Healthy and Delicious Low Carb Salads to Lose Weight* you will learn the science behind low carb diets, the health benefits of low carb, the appropriate foods to eat on a low carb diet, and 20 recipes to start you out on a low carb lifestyle.

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