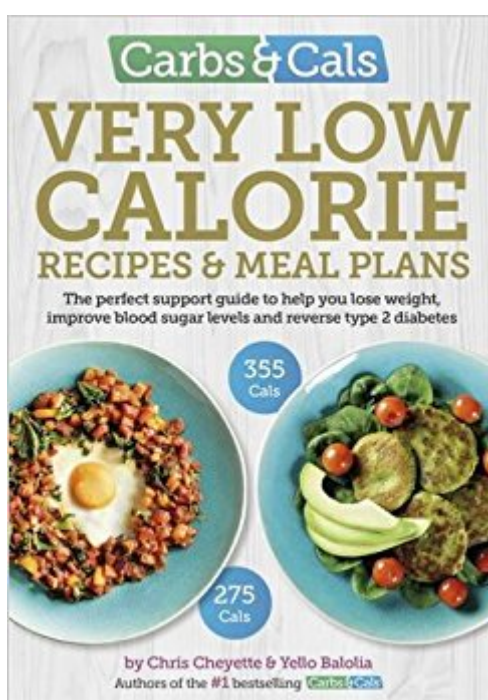


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# Carbs & Cals Very Low Calorie Recipes & Meal Plans: Lose Weight, Improve Blood Sugar Levels And Reverse Type 2 Diabetes



## 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

Paperback: 208 pages

Publisher: Chello Publishing (January 2, 2017)

Language: English

ISBN-10: 190826120X

ISBN-13: 978-1908261205

Product Dimensions: 5.8 x 0.4 x 8.3 inches

Shipping Weight: 12 ounces

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Best Sellers Rank: #1,084,850 in Books (See Top 100 in Books) #92 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2](#) #471 in [Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism](#) #4743 in [Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases](#)

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