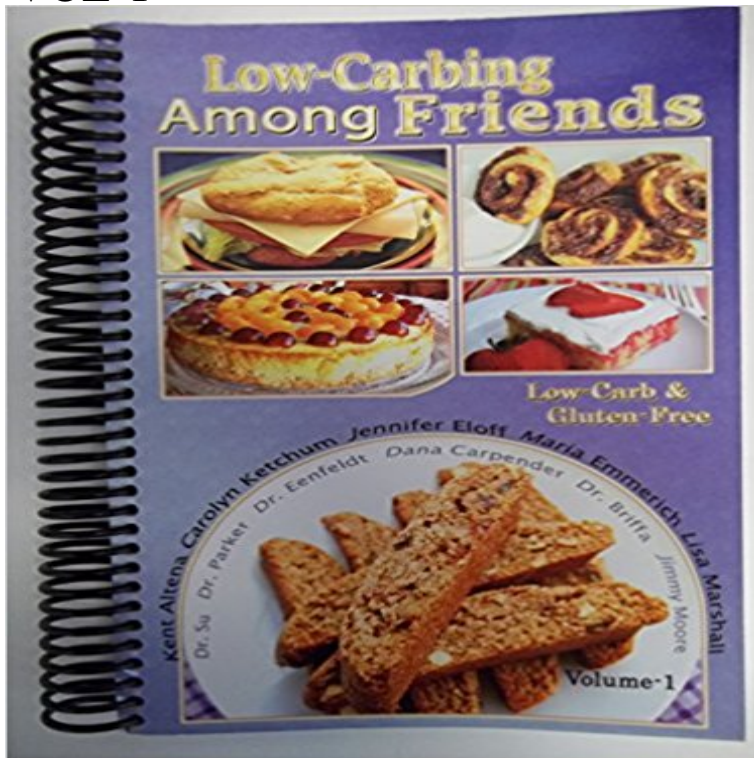


# Low Carb-ing Among Friends Cookbooks: 100% Gluten-free, Low-carb, Atkins-friendly, Wheat-free, Sugar-Free, Recipes, Diet, Cookbook VOL-1



NATIONAL BEST-SELLER in just 14mo Low-Carbing Among Friends V1, (1 of a BEST-SELLING SERIES) is a revolutionary cookbook (1) Its primarily a LOW-CARB cookbook (all recipes stringently Low-Carb!)+100% are Sugar, Wheat & Gluten Free. IMPORTANT: Authors tested all recipes with a variety of Low-Carb sweeteners, BOTH NATURAL & artificial! Its easy to use our cross-substitution info for YOUR FAVORITE SWEETENER (2) Its a collaboration between 11 talented innovative authors, 6 recipe creators, 4 respected Drs + 2 well-known low-carb personalities. Theyre coaches, health advisers, cheer leaders (3) Each book consist of 5-7 individual cookbooks of around 35-63 recipes each, showcasing the unique talents and recipes of each author bringing an exciting new style of cookbook (never seen before) to the low-carb world, PLUS we have a FRIENDS section of YOUR recipes! This team of 11 experts work together, complementing each other perfectly, contributing advice, recipes and decades of learning, making this book very special for Low-carbers! All recipes are less than 10gr carbs/serving, most are less than 5gr, from strict Induction to regular low-carbing. Its only partially a Paleo/Primal resource. Some 2/3rds of the recipes are for Meal-times, about 1/3rd are for Breads, Desserts, Baking etc. If youre gluten intolerant, have Celiac disease or prefer to avoid Wheat/Gluten products, youll be thankful for this enormous resource, for awesome Low-Carb recipes, 100% Wheat & Gluten-free! These recipes are incredibly innovative, Wonderful breakthroughs! Its easy to create low-carb sugar-free recipes, most people have a pretty good handle on that - its much tougher to also make those recipes wheat-free, gluten-free and sugar-free, thats very challenging! We support you with websites, blogs, Facebook (many

Et les renforts arrivent encore Bon Åa sera la derniÅre revue de troupes de la semaine. Donc on arrive Å 300 figurines il en reste donc 420... mais Åa va Åa avance bien. Je m'amuserais surtout sur les petites piÅces. LÅ c'est du monobloc donc mÅme si la ligne de moulage est visible -donc il faut Åbarber presque tout le tour de la figurine... oui oui.- Comme Å chaque dÅbut de dÅfi, je suis dans les temps, limite mieux qu'espÅrer. Mais par expÅrience je sais que c'est le creux du dÅfi qui m'est fatal donc on verra quand j'aurais tout ÅbarbÅ :) PubliÅ par CdtK Å 17:37 4 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest LibellÅs : Blabla lundi 1 aoÅt 2016 Revue des troupes Bon juste une petite photo pour montrer que je passe Å l'infanterie. j'adore l'Åbarbage. Oui certains diront que Åa fait parti du hobby mais c'est vraiment ce que je dÅteste le plus. Et puis lÅ c'est de l'industriel. PubliÅ par CdtK Å 17:06 2 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest LibellÅs : Blabla vendredi 22 juillet 2016 Pour une poignÅe de trous en plus VoilÅ les plaquettes de 6cm ont ÅtÅ percÅ... 1200 trous... oui oui. 1200 trous dans du plexi -vous savez le truc qui se colle une fois sur deux sur la mÅche. Mais voilÅ pour les 6cm c'est fini et je verrais pour les 8cm de front plus tard -je dirais fin aoÅt-. Mais Å quoi Åa correspond? Donc dire des trous c'est bien mais Åa renseigne pas beaucoup alors 1200 trous c'est : 594 soldats -de lÅger Å lourd- 231 cavaliers et 24 canons avec 4 artilleurs. Oui monsieur. Bon alors je suis dÅÅu de ne pas avoir plus de soldats Å pied. C'est pas super grave, je doute que toutes les plaquettes soient un jour sur la mÅme table. Mais bon quand on voit que pour 30e -3 plaquettes- j'ai pu fait celle lÅ et autant en 8cm, Åa va. Il faut voir ce que cela m'aurait coutÅ dans le commerce. On y rajoute le prix des aimants -15e les 1000 fdpin- et j'ai quand mÅme un trÅs bon rapport qualitÅ-prix par rapport Å ce que je recherchais. Il le reste Å Åbarber les trous pour y glisser l'aimant et Åa sera parfait je pourrais retourner Å mes figurines. PubliÅ par CdtK Å 09:52 2 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest LibellÅs : 28mm, Blabla jeudi 14 juillet 2016 florian.bardi. ThÅme Voyages. Images de thÅmes de Storman. Fourni par Blogger.

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