



**Weight Loss Success! Low Carb High Fat Diet & Cookbook!: How I lost 80 lbs.! Detailed 60 day Menu Plan, Recipes with Carb Counts Included! (Southern Cooking Recipes)**

*S. L. Watson*

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# **Weight Loss Success! Low Carb High Fat Diet & Cookbook!: How I lost 80 lbs.! Detailed 60 day Menu Plan, Recipes with Carb Counts Included! (Southern Cooking Recipes)**

*S. L. Watson*

## **Weight Loss Success! Low Carb High Fat Diet & Cookbook!: How I lost 80 lbs.! Detailed 60 day Menu Plan, Recipes with Carb Counts Included! (Southern Cooking Recipes) S. L. Watson**

This book will show you what I did and provide the menu plan and recipes for my personal 80 lb. weight loss. I gave myself one year to lose 80 lbs. It only took 7 months. If you follow the lifestyle changes I made, you will be assured of success.

Sugar and starches no longer control my life. Food no longer controls my life. I've included over 90 of my favorite low carb recipes with carb counts included for each recipe. Also included is my 60 day menu plan and excerpts from my personal journals about my food addiction.

I list my actual weight and measurements before and after the weight loss. I was sick and tired of feeling terrible and watching life pass me by. It was time to get off my fat butt and do something about it.

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