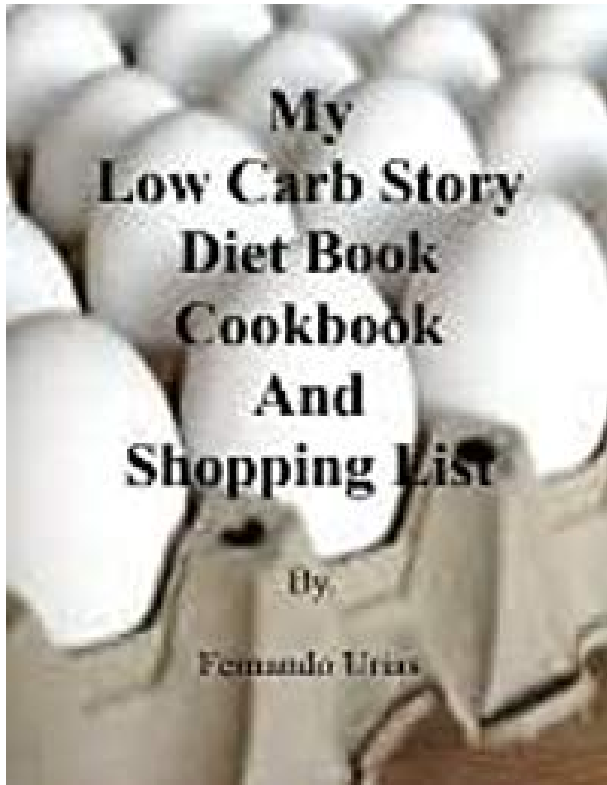


My Low Carb Story, Diet Book, Cookbook and Shopping List



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[My Low Carb Story, Diet Book, Cookbook and Shopping List.pdf](#)

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I used to think that a bowl of cereal with milk and a banana for breakfast was better than three eggs with bacon.

I have changed my mind. I have decided to follow a low carbohydrate diet for the rest of my life. I started with a low carb diet in 1998 and two medical studies have convinced me that this was the right thing to do.