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## Air Fryer Cookbook: Quick and Easy Low Carb Air Fryer Recipes to Lose Weight, Bake, Fry, Roast and Grill (Paperback)

By Francesca Bonheur

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Airfryers: The Ultimate Solutions to Losing Weight While Enjoying Food Book 2 in the 6 part series If fried food is stopping you from getting your dream body, then this Book is perfect for you. These revolutionary airfryers hardly require any oil, so you can use them to create delicious meals that are healthy and less fattening than regular fried meals. Wanting to wear bikinis and skimpy clothes are just some of the incentives to eat healthier nowadays. Unfortunately, not a lot of women last very long when they try to follow diets because fried food always beckons them back into place. Aside from that, getting bored of eating the same food, a lack of discipline, and the amount of time needed to prepare healthy meals all play a part in this, as well. Airfryers are the ultimate solutions for people who need to diet because they can create healthy meals in no time at all. So, even if you cannot get your office lunch ready the night before, you will still be able to cook something with minimal effort before...

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