



LOW CARB HIGH PROTEIN RECIPES



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Kylie Young



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Ketogenic Cookbook: Low Carb Weight Loss Recipes to Limit Carbohydrates and Maximize Health and Maximum Fat Loss Alice Hearn, 2019-05-15 Ketogenic diet An effective way to lose weight There are many diets in the world but ketogenic diet is the best way to lose weight without feeling hungry The ketogenic diet offers this premise eat 60 90% of your calories from fat adapt to metabolizing fat quickly as energy gain better appetite control and regulation and lose weight as your body easily burns fat stores It sounds like the complete opposite of everything we've been told about weight loss for the past few decades but strong research backs up the science behind the ketogenic diet As you replace most of the carbohydrates in your diet with fat major physiological changes occur that make it easier for many people to lose weight In most cases they also see lower blood pressure and cholesterol and other health benefits Easy to use ketogenic diet meal plan designed to make staying keto delicious and simple Includes all the recipes with carb count and the meal plan is designed to be 20 grams of net carbohydrates or less daily If you want the quick and easy ketogenic meal plans this cookbook is for you Download and start cooking today The Real Meal Revolution: Low Carb Cooking Jonno Proudfoot, 2018-11-22 The Real Meal Revolution Low Carb Cooking is the go to resource for anyone who wants to cook better low carb foods right now and for many years to come It is a book that will teach you the fundamentals behind making any dish delicious by honing in on classic flavour combinations basic cooking techniques and affordable readily accessible ingredients Low carb eating is currently on trend but this is not a book that follows the eating trends of right now It is a book packed with lessons to last a lifetime And every single recipe is low carb This timeless and comprehensive guide to cooking well and eating healthily showcases classic flavour combinations foolproof methods to bring out the best in any ingredients foods that will help to ensure good health for life This book comprises 300 low carb recipes 20 40 cooking lessons over 120 colour photographs brief and to the point dietary advice **Low Carb Diet Plan** Nadene Smith, 2015-08-14 Low Carb Diet Plan 25 Tasty Recipes Will Help You To Lose Weight Fast Easy Are you tired of trying to lose weight counting calories and constantly wanting to eat a snack or dessert Would you like to enjoy what you're eating and lose weight at the same time Then you should scroll up and grab a copy of this book with twenty five low carbohydrate recipes You'll find recipes for all occasions in this book as well as carb counting information and an explanation as to why you should be cutting back on carbohydrates You'll also find a bonus in the conclusion section of this book detailing a one day outline about what you can eat for breakfast lunch a snack dinner and as a dessert In this book you'll find Five scrumptious recipes for breakfast to get you started on the path to success Five lunch recipes to keep you on track Five dinner recipes that will keep both you and your family satisfied Five snack recipes for those moments when you just need something to give you a boost Five dessert recipes for those late night cravings And much more So scroll up and grab a copy of this eBook with twenty five low carbohydrate recipes today Download your E book Low Carb Diet Plan 25 Tasty Recipes Will Help You To Lose Weight Fast Easy by scrolling up and clicking Buy Now with 1 Click

button Tags Low Carb Diet Plan Weight Lose Low Carb Cookbook Low Carb Diet Low Carb Diet For Beginners Low Carb Recipes Low Carb Dessert Recipes **Incredibly Healthy and Satisfying Ketogenic Slow Cooker Recipes** Victoria White,2018-02-23 Get Ready For Delicious Filling And Comforting Meals At Your Pleasure And Delight If you ve incorporated the ketogenic diet into your lifestyle you re probably searching for some meal inspiration So if you re the set it and forget it type of person like I am then you ll love these easy and low carb keto compliant slow cooker recipes This cookbook is your set it and forget it meal planner Have fun preparing these Keto compliant slow cooker recipes and enjoy making mealtime a sight to behold Cooking healthy meals with the slow cooker is convenient exercise you add everything into the container cover power on and go on about your business until the food is done cooking Also it is just perfect for when you don t have the energy or the time to do anything else The recipes contained in this book are easy and simple to prepare and can be added into the slow cooker to cook throughout the day while you focus on your important tasks and then have a tasty meal at the end of the day These recipes are fantastic tasty failproof that you can t resist making again They are worth retrying because they are that good you ll want to whip up every recipe With these keto compliant slow cooker recipes you have the flexibility of time in your meal planning and preparation This ketogenic diet slow cooker recipes book features A beginner s guide to starting the ketogenic diet Recipes that are easy to make and very accessible Recipes that are delicious healthy and low carb Ketogenic slow cooker recipes the perfect low carb and keto approved comfort food infused with flavor for a healthy lifestyle If you are keen on eating healthy you should consider getting this ketogenic diet cookbook What are you waiting for Please scroll up hit the BUY button and add this book to your library *Fat for Fuel* Joseph Mercola,2017 For over a century we ve accepted the scientific consensus that cancer results from genetic disease due to chromosomal damage in cell nuclei But what if cancer isn t a genetic disease after all What if scientists are chasing a flawed paradigm and cancer isn t a disease of damaged DNA but rather of defective metabolism as a result of mitochondrial dysfunction What if that startling truth could revolutionize our understanding of other diseases as well and show us a radical new path to optimal health In this groundbreaking guide the first of its kind New York Times best selling author and leading natural health practitioner Joseph Mercola explains how nearly all disease is caused by defective metabolic processes Then he reveals what s really causing your metabolism to go haywire damage and dysfunction in the mitochondria thousands of which are at work in nearly every cell in your body generating 90 percent of the energy you need to stay alive and well When mitochondria become damaged in large numbers it is impossible to stay healthy Dr Mercola shows you that you can take control of your health simply by giving your body the proper fuel and it s not what you ve likely been led to believe A ketogenic diet very low in carbohydrates and high in healthy fats is the way to optimize the biochemical pathways that suppress disease and support healing And the benefits can be astonishing not only in treating or preventing serious illness but in boosting your brainpower increasing your energy helping you lose weight and keep it off and much more As you read this book you ll learn in clear rational terms how

your body works at a molecular level You ll finally understand the type of fuel it s designed to burn in the most efficient way possible You ll find detailed guidelines for starting and sticking with a ketogenic eating plan And you won t have to wait a decade or two for metabolic mitochondrial therapy to make its way into the mainstream You can build a healthier body and brain at the cutting edge of this exciting new discipline starting right now **The "I Love My Air Fryer" Low-Carb Recipe**

Book Michelle Fagone,2020-01-14 175 low carb recipes for satisfying whole food dishes for every meal from breakfast to dinner to snacks in between perfect for fans of the air fryer who follow any of the low carb diets In The I Love My Air Fryer Low Carb Recipe Book learn how to use the hottest kitchen appliance the air fryer to create low carb meals that are quick easy and most importantly delicious The air fryer offers healthy cooking options for busy families and it can be used for so much more than French fries and onion rings The convection power of an air fryer makes it possible to cook a wide range of food from steak to tofu bacon to vegetables and even desserts With 175 low carb recipes and photographs throughout this cookbook is a must have for any air fryer fans Discover how easy and delicious it is to follow a low carb diet from Atkins to keto thanks to an air fryer *Online Student Skills and Strategies Handbook* Loyd R. Ganey, Frank L. Christ, Victor R.

Hurt,2006 *Online Student Skills and Strategies Handbook* a brief guide to studying and learning online offers step by step tutorials to help students master the computer competencies and the skills and strategies necessary to succeed in the online environment This *Online Student Skills and Strategies Handbook* uses a diagnostic approach to help students assess their competencies in online learning followed by detailed step by step tutorials that walk students through the skills necessary to study and learn with a computer Topics include using email effectively online netiquette using the course syllabus avoiding plagiarism online dealing with online learning difficulties like eye strain managing time and creating effective learning environments This handbook is useful as an ancillary text for all courses that incorporate online learning tools **Low Carb**

Recipes Mary Nash,2018-05-08 *Low Carb Recipes Top 25 Low Carb Dump Dinners* If you are looking for some low carb easy and healthy Dump meals that will take you minimum time and effort on your part then this is the book that you are looking for Inside this book you are going to find a wonderful selection of easy to follow healthy Dump recipes that you and your loved ones will look forward to enjoying at the end of a long hectic day Eating these low carb recipes will help you to lose weight and improve your overall health adding new life and vibrancy to your lifestyle The Dump style of preparation is basically where you add all of your ingredients into one pot or vessel such as a crockpot They require no or little attention during the cooking process making them an ideal choice for those that are out working all day You can come home walk in the door from a hard day at work to smell the sweet aroma of your low carb dinner ready for you to sit down and enjoy not preparation or cooking for you to do just serve it up and enjoy Using this way of preparing your meals is going to cut down on the time that you spend in the kitchen preparing meals We all know that time is very precious in this fast paced world that we live in Here in this book you have a collection of 25 Low Carb Dump recipes for you and your family to enjoy You can feel

good in knowing that you are providing this low carb meal that is going to keep your families overall health great Why not treat yourself and your loved ones to some yummy low carb Dump meals starting today Download your E book Low Carb Recipes Top 25 Low Carb Dump Dinners by scrolling up and clicking Buy Now with 1 Click button **Cutting the Carbs** Gordon Rock,2017-11-16 Are you considering a low carb diet Then look no further Losing weight and getting healthy has never been easier With this stunning collection of 32 mouthwatering low carb recipes you can kick start your weight loss without ever sacrificing flavor Each handpicked recipe is accompanied by a unique description of the dish nutrition facts and easy to follow instructions Why wait Download your copy of Cutting the Carbs 32 Easy Delicious Low Carb and Carb Free Recipes and get started today **Low Carb** Erick Adams,2016-10-29 Start Losing Weight Today Low Carb 400 Irresistible Low Carb Recipes contains various recipes that are guaranteed low in carbohydrate content so you do not have to worry about your blood sugar levels shooting up Low carb diet is perfect for those who are also trying to lose weight and lead a healthier lifestyle A low carb diet is a type of diet where as implied in the name carbohydrate intake is significantly limited Food intake in a low carb diet consists of those that have high protein and fat content Aside from weight loss a low carb diet has a number of health benefits such as lowering the risk factors of diabetes and hypertension Generally low carb diet focuses on high intake of proteins such as meat eggs poultry fish and vegetables that are low in starch Foods such as breads pastas legumes sweets starchy vegetables and grains together with some seeds and nuts must be avoided if you want to stick to a low carb diet Low Carb eating is about feeling great having more energy stabilizing your mood and keeping yourself as healthy as possible These things can be achieved by learning some nutrition basics and using them in a way that works for you In the Low Carb the author provides 400 healthy recipes for people who are searching for a healthier life Low Carb offers several advantages Low carb diet is something very beneficial to our health Your appetite will be killed in a good way if you take low carb recipes You will have serious weight loss if you take low carb diet recipes regularly The main fat loss will occur from the abdominal cavity if you take low carb recipes Triglycerides will go down Triglycerides are fat molecules that cost fat in our body HDL level will increase in your body HDL level is also called good cholesterol Blood sugar and insulin level will decrease if you take low carb recipes regularly Blood pressure will go down if you take low carb recipes regularly Here Is A Preview Of What You ll Get Low Carb Breakfast Recipes Low Carb Main Dishes Low Carb Dinner Recipes Low Carb Desserts Much much more Download your copy today **Big Book of Low Carb** Liza Slim,2016-11-21 Getting Your FREE Bonus Download this book read it to the end and see BONUS Your FREE Gift chapter after the conclusion Big Book Of Low Carb FREE Bonus Included 100 Healthy Low Carb Recipes That Will Amaze You If you are looking to change your lifestyle by starting to make changes in your diet then choosing this low carb cookbook is going to help you to achieve the results that you are looking for In the world today there are so many different kinds of diets that one can go on However when it comes to the low carb diet plan it is not just one diet but it covers a wide range of diet plans such as Ketogenic Atkins and Paleo diet

plans These are all basically variants of the low carb diet plan You can enjoy losing weight on a low carb diet without the extreme fuss and struggle You can lose weight without losing or sacrificing great taste You can enjoy meals that will offer you wonderful health benefits that will have you feeling and looking better than you have in a long time I know it is not easy to make changes of any kind for the most part but I can assure you that this change will be one that you are going to be so happy you made for so many different reasons You owe it to yourself and loved ones to start eating healthier food choices I have put together recipes in this book that will offer you an impressive selection of low carb casserole recipes to choose from your taste buds are going to be amazed by these recipes Download your E book Big Book Of Low Carb 100 Healthy Low Carb Recipes That Will Amaze You by scrolling up and clicking Buy Now with 1 Click button *Low Carb Dump Meals* Pamela Cook,2015-12-10 Getting Your FREE Bonus Download this book read it to the end and see BONUS Your FREE Gift chapter after the conclusion Low Carb Dump Meals FREE Bonus Included 25 Easy Delicious and Healthy Dump Dinner Recipes You Won t Believe Are Actually Low Carb If you are looking for some low carb easy and healthy Dump meals that will take you minimum time and effort on your part then this is the book that you are looking for Inside this book you are going to find a wonderful selection of easy to follow healthy Dump recipes that you and your loved ones will look forward to enjoying at the end of a long hectic day Eating these low carb recipes will help you to lose weight and improve your overall health adding new life and vibrancy to your lifestyle The Dump style of preparation is basically where you add all of your ingredients into one pot or vessel such as a crockpot They require no or little attention during the cooking process making them an ideal choice for those that are out working all day You can come home walk in the door from a hard day at work to smell the sweet aroma of your low carb dinner ready for you to sit down and enjoy not preparation or cooking for you to do just serve it up and enjoy Using this way of preparing your meals is going to cut down on the time that you spend in the kitchen preparing meals We all know that time is very precious in this fast paced world that we live in Here in this book you have a collection of 25 Low Carb Dump recipes for you and your family to enjoy You can feel good in knowing that you are providing this low carb meal that is going to keep your families overall health great Why not treat yourself and your loved ones to some yummy low carb Dump meals starting today Download your E book Low Carb Dump Meals 25 Easy Delicious and Healthy Dump Dinner Recipes You Won t Believe Are Actually Low Carb by scrolling up and clicking Buy Now with 1 Click button Tags low carb diet books low carb low carb cookbook low carb diet for beginners low carb recipes low carbohydrate foods low carb slow cooker chicken recipes low carbohydrate low carbohydrate living low carbohydrate diet lchf diet lchf cookbook lchf recipes low carb high fat low carb high fat cookbook low carb diet manual low carb high fat diet low carb diet for dummies low carbohydrate cookbooks low carb quick and easy [Wow! 1001 Homemade Low-Carb Recipes](#) Sandra Diaz,2020-10-14 Do You Believe in a Magic Making You Touch a Healthy Lifestyle in Both Mind and Body Read this book for FREE on the Kindle Unlimited NOW If you say I do congrats to you since you are exactly a great person with a healthy mind And healthy body Let

the recipes in the Wow 1001 Homemade Low Carb Recipes help you But if you say No I don t congrats to you too Why Because when you are still reading the words you are on the way to reach the healthy mind and healthy body And let the book inspire you all the rest So what is the magic It is you It is your own choice Only you make your life become healthy and happy I want to tell you that you are right when choosing and putting your belief in the book With some part listed below my cookbook called Wow 1001 Homemade Low Carb Recipes will make your cooking easier quicker happier but still delicious and eye catching Chapter 1 Low carb Appetizer Recipes Chapter 2 Low carb Main Dish Recipes Chapter 3 Awesome Low carb Recipes As you know currently there are numerous unhealthy or processed food making our health become poor seriously with millions of alarming diseases such as inflammation headaches insomnia back pain high blood pressure arthritis diabetes skin problems high cholesterol cancer etc So having a healthy mindset plays a key role in getting rid of the diseases and living longer Let s get started with healthy recipes made by yourself A healthy diet is really important to your health your body and your mind It provides energy with full of healthy nutrition such as fat carb protein fiber for your body all day It also helps you to have a very nice body and a flexible mind So why don t you stop going to the restaurants and start a healthy life with the recipes from Wow 1001 Homemade Low Carb Recipes Today is a nice day so let s get a random recipe in Wow 1001 Homemade Low Carb Recipes to start your healthy day You also see more different types of recipes such as Diabetic Cookies Cookbook Low Carb Grilling Cookbook Low Carb Pasta Cookbook Mediterranean Diabetes Cookbook Summer Salads Cookbook Diabetic Bread Recipes Diabetic Instant Pot Cookbook DOWNLOAD FREE eBook PDF included FULL of ILLUSTRATIONS for EVERY RECIPES right after conclusion I really hope that each book in the series will go with you on the way to touch the healthy lifestyle and be always your best friend in your little kitchen Let s live happily and make more healthy food every day Healthy Mind Healthy Body Happy Life Enjoy the book *Low Carb* Kylie Young, 2016-05-13 FREE FOR KINDLE UNLIMITED USERS FREE BONUS INSIDE Low Carb 33 Quick and Simple Low Carb Diet Weight Loss Recipes for Beginners Are you juggling your work kids the house and life Does staying healthy and fit or doing a gym workout seem like one more chore I m sure you know maintaining an ideal weight is important for feeling great and enjoying life to its fullest Because if you aren t healthy you can t enjoy everything life has to offer Carbs and fats are the sources of energy in our body Like a car burns gas carbs are our fuel But too much of a good thing will get added to your waistline This additional weight as you well know makes you vulnerable to toxin build up cancer type 2 diabetes and many other lethal diseases Ever tried going to the gym or getting into a daily workout routing only to slip back into the daily grind of your other more pressing tasks It happens to us all Don t get me wrong physical activity is important But here s the great weight loss secret that will super charge your weight loss play just drop the carbs The principle is simple forget about carbohydrates You ll even be able to eat more healthy fats and protein which unlike your mother has said actually don t make you fat Lose weight deliciously with the low carb diet recipes in this e book You ll get 33 mouthwatering recipes for breakfast lunch and dinner

Bonus recipes include original tasty appetizers that ll make your cooking a hit at the next potluck In this low carb cookbook you ll find Why you Need a Low Carb Diet Examples of Low Carb foods The Benefits of a Low Carb Diet 10 breakfast recipes 10 Lunch recipes 13 Dinner recipes There are also 5 bonus recipes in the book for a total of 38 recipes Recipes are comprehensive ingredients with measurements prep time servings and the most important nutritional value so you can actually gauge whether you re achieving a balanced diet and track your carb count You ll never miss those carbs So you can go carb free all day long and shed weight quickly and painlessly even with a hectic lifestyle Invest in your health Start today Download your copy NOW What are you waiting for Scroll up and get your copy TODAY **Low Carb Dump Meals** Roy Ericson,2016-08-13 Getting Your FREE Bonus Download this book read it to the end and see BONUS Your FREE Gift chapter after the conclusion Low Carb Dump Meals FREE Bonus Included 30 Tasty Easy and Healthy Dump Dinner Recipes You Won t Believe Are Actually Low Carb You want the best tasting food and you want it to be healthy What you don t want are meals loaded with carbs that go straight to your waistline and hide your great abs give you love handles or leave you with a sugar hangover This guide will give you twenty delicious and surprisingly low carb recipes with a healthy twist No more do you have to suffer to get in perfect shape or great health You asked for it so here it is Download your E book Low Carb Dump Meals 30 Tasty Easy and Healthy Dump Dinner Recipes You Won t Believe Are Actually Low Carb by scrolling up and clicking Buy Now with 1 Click button Low Carb Diet with Pleasure Helen Masterson,2016-01-11 Getting Your FREE Bonus Download this book read it to the end and see BONUS Your FREE Gift chapter after the conclusion Low Carb Diet With Pleasure20 Low Carb Recipes That Will Amaze You In this book Low Carb Diet with Pleasure you will find 20 amazing low carb recipes that will help you to lose weight instantly Weight gain is always a problem and people try to find different solutions for it So here is the solution in the form of twenty low carb recipes This twenty low carb recipe plan is just a perfect idea for the people for whom weight is a major problem You can easily include these twenty low carb recipes in your diet plan to lose weight The recipes mentioned in this book are quick to prepare and those people who have a busy schedule can also find these recipes very helpful Moreover diabetic patients can also find this low carb recipes very useful In this Low Carb Diet with Pleasure you will find Low Carb recipes for Breakfast Low Carb recipes for Dinner Low Carb recipes for Lunch Low Carb Pizza recipe And much more Download your E book Low Carb Diet With Pleasure 20 Low Carb Recipes That Will Amaze You by scrolling up and clicking Buy Now with 1 Click button *123 Ultimate Low-Carb Recipes* Karen Turner,2020-12-11 Do You Believe in a Magic Making You Touch a Healthy Lifestyle in Both Mind and Body Read this book for FREE on the Kindle Unlimited NOW If you say I do congrats to you since you are exactly a great person with a healthy mind And healthy body Let the recipes in the 123 Ultimate Low Carb Recipes help you But if you say No I don t congrats to you too Why Because when you are still reading the words you are on the way to reach the healthy mind and healthy body And let the book inspire you all the rest So what is the magic It is you It is your own choice Only you make your life become healthy and

happy I want to tell you that you are right when choosing and putting your belief in the book With some part listed below my cookbook called 123 Ultimate Low Carb Recipes will make your cooking easier quicker happier but still delicious and eye catching 123 Awesome Low Carb Recipes As you know currently there are numerous unhealthy or processed food making our health become poor seriously with millions of alarming diseases such as inflammation headaches insomnia back pain high blood pressure arthritis diabetes skin problems high cholesterol cancer etc So having a healthy mindset plays a key role in getting rid of the diseases and living longer Let s get started with healthy recipes made by yourself A healthy diet is really important to your health your body and your mind It provides energy with full of healthy nutrition such as fat carb protein fiber for your body all day It also helps you to have a very nice body and a flexible mind So why don t you stop going to the restaurants and start a healthy life with the recipes from 123 Ultimate Low Carb Recipes Today is a nice day so let s get a random recipe in 123 Ultimate Low Carb Recipes to start your healthy day You also see more different types of recipes such as Lobster Recipes Pork Roast Recipe Shrimp Salad Recipes Baked Fish Recipe Flank Steak Recipe Grilled Chicken Cookbook Stuffed Pepper Recipe DOWNLOAD FREE eBook PDF included FULL of ILLUSTRATIONS for EVERY RECIPES right after conclusion I really hope that each book in the series will go with you on the way to touch the healthy lifestyle and be always your best friend in your little kitchen Let s live happily and make more healthy food every day Healthy Mind Healthy Body Happy Life Enjoy the book *Ah! 365 Yummy Low-Carb Recipes* Sage Salas, 2020-08-09 Do You Believe in a Magic Making You Touch a Healthy Lifestyle in Both Mind and Body Read this book for FREE on the Kindle Unlimited NOW If you say I do congrats to you since you are exactly a great person with a healthy mind And healthy body Let the recipes in the *Ah 365 Yummy Low Carb Recipes* help you But if you say No I don t congrats to you too Why Because when you are still reading the words you are on the way to reach the healthy mind and healthy body And let the book inspire you all the rest So what is the magic It is you It is your own choice Only you make your life become healthy and happy I want to tell you that you are right when choosing and putting your belief in the book With some part listed below my cookbook called *Ah 365 Yummy Low Carb Recipes* will make your cooking easier quicker happier but still delicious and eye catching Chapter 1 Low Carb Chili Recipes Chapter 2 Low Carb Stew Recipes Chapter 3 Low Carb Soup Recipes Chapter 4 Low Carb Snack Recipes Chapter 5 Low Carb Salad Recipes Chapter 6 Low Carb Sauce Recipes Chapter 7 Quick Easy Low Carb Recipes Chapter 8 Awesome Low carb Recipes As you know currently there are numerous unhealthy or processed food making our health become poor seriously with millions of alarming diseases such as inflammation headaches insomnia back pain high blood pressure arthritis diabetes skin problems high cholesterol cancer etc So having a healthy mindset plays a key role in getting rid of the diseases and living longer Let s get started with healthy recipes made by yourself A healthy diet is really important to your health your body and your mind It provides energy with full of healthy nutrition such as fat carb protein fiber for your body all day It also helps you to have a very nice body and a flexible mind So why don t you stop going to the restaurants and

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fuss and struggle You can lose weight without losing or sacrificing great taste You can enjoy meals that will offer you wonderful health benefits that will have you feeling and looking better than you have in a long time I know it is not easy to make changes of any kind for the most part but I can assure you that this change will be one that you are going to be so happy you made for so many different reasons You owe it to yourself and loved ones to start eating healthier food choices I have put together recipes in this book that will offer you an impressive selection of low carb casserole recipes to choose from your taste buds are going to be amazed by these recipes Download your E book Low Carb Cookbook 36 Healthy Low Carb Casserole Recipes That Will Amaze You by scrolling up and clicking Buy Now with 1 Click button

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