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With Delicious Recipes For Fast, Healthy Weight Loss
And High Energy By Monica Lynn**

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The daughter of a pair culinary whizzes who cooked up mouthwatering meals like mayonnaise fried chicken and Belgian waffles with ice cream, Lynn struggled with her

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author of 5 Square Low-Carb Meals: The 20-Day Makeover Plan with Delicious Recipes for Fast, Healthy Weight Loss and High Energy and delicious, healthy,

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The low carb trend is becoming more mainstream these days and there are a lot of cookbooks available, a few even hitting The New York Times Best Sellers list last year!

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Monica Lynn, Founder & CEO, is a Certified Nutritional Consultant and the author of 5 Square Low-Carb Meals : The 20-Day Makeover Plan with Delicious Recipes for Fast

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