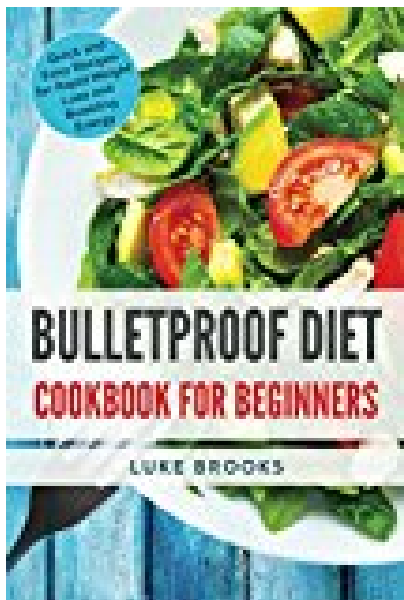


Bulletproof Diet Cookbook for Beginners Quick and Easy Recipes for Rapid Weight Loss and Boosting Energy bulletproof diet cookbook bulletproof ... diet smoothies weight loss lose weight



BOOK DETAILS

- Author : Luke Brooks
- Pages : 80 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1537744259

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BOOK SYNOPSIS

Eat healthier, have more energy and look amazing! Do you feel like its very difficult to eat healthy and lose weight? You are not alone! Many people experience this struggle every day. The Bulletproof Diet is the best and most effective way to lose weight, have a healthy body and be full of energy. Just imagine having the body youve always wanted and at the same time enjoying delicious meals that will soon become part of your lifestyle. The Bulletproof diet allows you to eat a variety of foods. That you can eat the foods many diets prohibit within reason. This allows you to stick to the diet because you are not feeling deprived. We all have tried the other diets; lets face it they simply never work. The reason is you are told to avoid something completely. The bulletproof diet allows all food to be eaten in small doses. It explains when it is best to consume foods and which foods are best consumed in the right order. You are about to discover... Why choose the Bulletproof Diet How the Bulletproof Diet works List of Foods to Eat and Foods Better to Avoid Breakfast Recipes Lunch and Dinner Recipes Dessert Recipes Smoothies and Drink Recipes And much more! Download your copy NOW! Click the buy button! Tags: bulletproof diet cookbook, bulletproof diet for women, bulletproof diet smoothies, weight loss, lose weight

BULLETPROOF DIET COOKBOOK FOR BEGINNERS QUICK AND EASY RECIPES FOR RAPID WEIGHT LOSS AND BOOSTING ENERGY BULLETPROOF ... DIET SMOOTHIES WEIGHT LOSS LOSE WEIGHT

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