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Fasting Diet Cookbook: A Simple and Scrumptious Calorie-Controlled Meal Plan for Easy Fasting Days

Julie Hamilton

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Regular price $5.99, now only $2.99 for a limited time. DISCOVER::: How to Finally Achieve a Lean and Healthy Body with Ease Tired of searching for and trying diets that don't really work?

Frustrated with diet books that don't give you the whole picture of what it takes to not only shed a few pounds but to really have a lean and healthy body for the long term?

If you're willing to practice a centuries old, scientifically sound, ritual of limiting calories for two days a week, you can **lose weight, feel better and still enjoy eating**. LEARN::: How it's Possible to Eat Normally 5 Days a Week and Still Have a Lean and Healthy Body *"Mounting evidence indicates that yes, intermittent fasting (IF) could have a very beneficial impact on your health and longevity.*

...it's one of the most powerful interventions out there if you're struggling with your weight and related health issues.

*One of the primary reasons for this is because **it helps shift your body from burning sugar/carbs to burning fat as its primary fuel.**"* ~ Dr. Mercola natural health physician and Mercola.com founder

The principles of Intermittent Fasting (IF) and Alternate Day Fasting (ADF) have been around for hundreds of years. DOWNLOAD:: Lean Body Fast Diet - Easy 7 Day Intermittent Fasting Weight Loss Plan & Low Calorie Recipes This book presents a clear and complete diet and lifestyle plan based on a scientifically valid method of weight loss and health improvement.

- 46 delicious calorie controlled meal and snack recipes
- all the background and science behind the diet
- calorie counting made easy with the "Do's and Don'ts of calorie counting"
- "Is intermittent fasting right for you?" section
- A complete fitness and workout plan; day by day with cardio and strength exercise recommendations.
- How to use body mass index (BMI) as a better measure of your ideal body than weight alone.
- Much more

The Lean Body Fast Diet is a set of calorie-controlled recipes; organized and categorized to turn your fasting days into tasty and easy triumphs AND all the other tools you'll need to reach your weight loss and health improvement goals. Would You Like To Know More? Download and start building powerful habits into your day. Scroll to the top of the page and select the *buy* button.

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