



Diet: Nutrition: Bulletproof Diet (Healthy Eating Fat Loss Weight Watchers) (Atkins Diet Low- Carbohydrate Diet Bulletproof)

Samantha Kane

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Have you ever wanted to improve your eating habits, but always hesitated because you didn't want to sacrifice good tasty food? Well The Bulletproof diet is meant for you. The basic premise behind the diet is putting good fats in your body, so bad fats can leave your body.

Making meals that follow the very strict criteria of The Bulletproof Diet can be time consuming, and frustrating. Bulletproof Diet Book for Fast, Easy and Delicious Recipes for Fat Loss, Increased Energy and Better Health will help you get started on The Bulletproof Diet and help you start your fat loss journey.

Here Is A Preview Of What You'll Learn...

- Overview of the Bulletproof Diet
- How the Bulletproof Diet Works
- Bulletproof Diet Morning Recipes
- Vanilla- Cinnamon in Apple Butter Muffins
- Bulletproof Diet Afternoon Recipes
- Pulled Bulletproof Diet Pork Sliders
- Bulletproof Diet Evening Recipes
- Baked Lemon and Thyme Salmon
- Much, much more!

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Bessie Hall:

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