



Fat-Burning Diet Plans Box Set (2 in 1): Make Your Fat-Burning Hormone Work for You with Leptin Recipes and Boost Metabolism with Ketogenic Diet (Weight Loss Cookbooks)

Marisa Lee, Jerilyn Hudson

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Fat-Burning Diet Plans Box Set (2 in 1)(3 in 1)

Book One: Burn Fat with the Ketogenic Diet: 50 Healthy, Low-Carb Recipes to Boost Metabolism and Lose Weight Fast

Want to alter your diet to help lose weight?

The Ketogenic diet has become popular in recent years. It is a simple-to-use, alternative approach to weight loss. Used correctly, it can allow anyone to get their weight to a manageable level. Of course, exercise is still needed but changing an approach to meals can certainly change the struggle to lose weight.

The body consumes only a small amount of protein while removing most of the starch and sugars from high-carbohydrate foods. You still eat meals but healthy meals as the body is loaded with natural fats it needs.

Inside You Will Learn:

- How The Ketogenic Diet Will Affect The Body
- How The Ketogenic Diet Works
- Why A Low-Carb Diet Is Important
- Why Natural Fats Are A Must
- Simple And Easy To Follow Recipes To Try
- Basic Errors To Avoid When Preparing Wheat Free Meals
- And Much More

Book Two: Leptin Recipes: Make Your Fat-Burning Hormone Work for You to Overcome Leptin Resistance

Do you struggle with weight loss even when you have tried to follow exercise and healthy eating regimes? If you have been on the diet rollercoaster for a while, losing a little and then gaining a lot more it is easy to think that you were never meant to lose weight.

Don't despair! Have you considered that your body has built up resistance to Leptin, the hormone that regulates fat in your body? If it has all the good intentions in the world won't help because your hormones will sabotage your attempts to lose weight.

This may sound daunting but it is simple to fix if you know how. Once you know that you need to manage your leptin you can tailor your diet to promote healthy hormone balances.

In this book you will find:

- A clear and simple to follow explanation of the role Leptin plays in weight balance;
- Details of how to manage your Leptin levels simply and successfully;
- How to move to a Leptin resistance diet and the pitfalls to avoid;
- Yummy breakfast recipes to start your day right;
- Quick, simple and satisfying lunches to keep your energy levels going;
- Delicious recipes for evening meals that will have the whole family coming back for more;
- And much, much more.

Book Three: Transform Your Body with Nutribullet Cookbook: 25 Simple and Delicious Recipes to Burn Fat, Lose Weight and Stay Healthy

Do you want to lose excess weight and find simple to use Nutribullet recipes?

Millions of people struggle with their bodies every single day. For most, they struggle with keeping the body healthy as well as keeping their weight in-check which is never an easy thing to do. However, choosing the latest fad diet may not be the solution for you, so what are you left with? Well, many are now looking at the Nutribullet which extracts the nutrients from foods giving you the chance to unlock the good things within the food.

Inside You Will Learn:

- How Important Keeping Your Weight Manageable Is
- What Is The Nutribullet
- How You Can Lose Excess Pounds By Cutting Out High Carb Foods
- 25 Simple And Easy To Follow Recipes
- Basic Errors To Avoid When Preparing Wheat Free Meals
- And Much More

Once you know some recipes, you can get out there and be creative! Hopefully you will find losing excess pounds easier and maybe you will get to understand the Nutribullet a little more.

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Tracy Caudle:

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Regina Wingler:

Reading can called head hangout, why? Because while you are reading a book particularly book entitled Fat-Burning Diet Plans Box Set (2 in 1): Make Your Fat-Burning Hormone Work for You with Leptin Recipes and Boost Metabolism with Ketogenic Diet (Weight Loss Cookbooks) the mind will drift away trough every dimension, wandering in most aspect that maybe unfamiliar for but surely can be your mind friends. Imaging each and every word written in a e-book then become one form conclusion and explanation this maybe you never get ahead of. The Fat-Burning Diet Plans Box Set (2 in 1): Make Your Fat-Burning Hormone Work for You with Leptin Recipes and Boost Metabolism with Ketogenic Diet (Weight Loss Cookbooks) giving you another experience more than blown away your brain but also giving you useful info for your better life within this era. So now let us teach you the relaxing pattern this is your body and mind is going to be pleased when you are finished looking at it, like winning a sport. Do you want to try this extraordinary shelling out spare time activity?

William Hill:

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