



Healthy Diets Box Set: Over 150 Simple and Yummy Recipes and Tasty Smoothies for Fast Weight Loss (Healthy diets, food diet plan, weight loss tips)

Michael Green, Julia Thomas, Norman Ross, Julia Turner, Monica Selman, Michael Atkins, Donald Adams

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BOOK #1: Clean Food Diet: Effective Clean Food Diet Meal Plan That Will Keep You Healthy, Energized, and Fresh

Learn how processed foods have infiltrated our diets and how to eat clean for health, and to lose or maintain weight. Unlike other diets, the clean foods diet is a simple, back to basics approach for changing the way you eat giving you renewed energy, and a fit, healthy body. This book offers you a step by step guide, including helpful personal explorations gauging your readiness for this exciting change, and some quick and easy recipes that will make your mouth water.

BOOK #2: Smoothies for Weight Loss: 40 Tasty Smoothies That Remove Fat, Destroy Cravings and Make You Slim

This book will dispel the myth that healthy smoothies lack in the taste department, and prove to you and your loved ones that obtaining a healthier body, trimmer waistline and even reducing your stress can be flavorful, delicious, and rewarding emotionally as well as physically.

BOOK #3: Paleo Slow Cooker Recipes: Over 40 Simple and Yummy Gluten Free Paleo Slow Cooker Recipes for a Successful Paleo Diet

The Paleo diet has also been called the “caveman” diet because it is based on foods that ancient hunters and gatherers consumed. Foods that are high in protein, vitamins and minerals like lean meats, nuts and berries. Gluten-free refers to a diet in which gluten – specifically wheat – is eliminated from the diet. Let’s take a look at both Paleo and gluten-free diets, and see how to combine them into a new healthy eating lifestyle.

BOOK #4: The Cast Iron Cookbook: 45 Tasty, Simple and Express Breakfast, Lunch and Dinner Cast Iron Recipes For the Active Person

This book is packed full of delicious breakfast, lunch, and dinner recipes, and most of them only use your skillet! Just put a few ingredient in the skillet and place it into the oven, or cook an entire dish in your skillet on the stovetop! It's as simple as prepping a few fresh ingredients and placing them into the pan.

BOOK #5: Crockpot Recipes: 33 Best Crockpot Recipes for Fast and Easy Crockpot Cooking for Two

In this book you are going to find 33 delicious recipes that you are sure to enjoy. Each one of these recipes is cooked in the crockpot while you are at work, ensuring that you have a delicious meal waiting for you when you get home.

You will even find deserts that you can make in your crockpot in only a few hours with only minutes of prep time. Now you do not have to worry about what is for dinner, simply place the ingredients in the crockpot and let your crockpot do the work for you.

BOOK #6: Intermittent Fasting: 8 Effective Ways to Get More Out of Intermittent Fasting for Fast Weight Loss

In this book you will learn about the health benefits of intermittent fasting and its importance. You can also choose from a wide array of fasting options listed in this book that will suit best your lifestyle, profession, eating habits, mentality and gender. All you need to do is stick to a fasting plan and consume no food at all during a certain fasting interval, but merely drink water, while eating normally or simply reducing the intake of calories during the eating period.

BOOK #7: Ketogenic Diet: 8 Effective Ways to Get More Out of the Ketogenic Diet. Complete With Best Ketogenic Diet Dinner Recipes

In this ebook you will learn about the various types of Ketogenic Diets, and how can you use them. Also the Effective Ways to Get More Out of the Ketogenic Diet are mentioned in the eBook. To learn more about it, check out the eBook.

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Lori Hunt:

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Karen Bergeron:

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