Weight Loss Cookbook: Weight Loss Super-Foods, Breakfast, Dinner, Lunch and Dessert (Paperback)

By Henry White

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.GET THE KINDLE EDITION FREE WHEN YOU GRAB THE PAPERBACK EDITION TODAY!Here Is A Preview Of What You ll Get.Weight Loss CookBookBody Mass Index (BMI)How fast do you lose weight?Set goals Different types of dietsWhat you can eat and what you cannotWeight Loss SmartPoints for most tracked foodsWeight loss super-foodsCALORIE TABLEWeight Loss BREAKFAST RECIPESWeight Loss LUNCH RECIPESWeight Loss DINNER RECIPES Weight Loss DESSERTS Weight Loss CookBookThere are several reasons for wanting to start a diet and want to lose weight. This may be after pregnancy or any excessive weight gain, and this may simply be meant to seduce or feel better in one s body. But this can also be for medical reasons. Excess weight can cause problems. Joint problems, heart or arterial problems.How fast do you lose weight?The speed at which one loses weight depends on different parameters. Physical activity, food, social activities, gender, etc.Nevertheless, it is generally observed that too rapid a loss leads to an equally rapid recovery. And on the other hand, it is quite normal to lose much more the first few weeks. You can imagine losing...

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