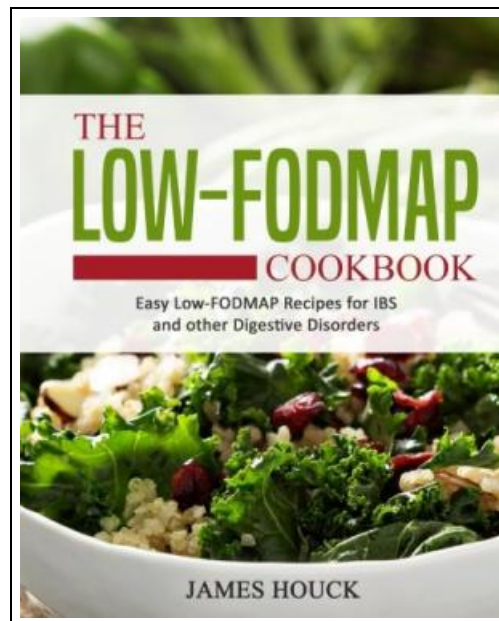


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A healthy life is a happy life. But working out for hours doesn't do the whole job of reducing the weight. It takes a healthy diet to improve your health and reduce the excess weight. So, it would not be wrong to say that your fitness comes from the kitchen as much as it comes from the gym. For the people who exercise regularly and desire to attain the best version of their body, the diet plan is extremely important. When you separate yourself from unhealthy food choices, the chances of getting fitness goals enhance to a whole new extent. The next step is to prepare a plan for your diet that allows you to reduce the weight without losing your immunity and strength. For that, you need to take baby steps towards adding the effective recipes in your daily life. You can start by including one or two recipes and that increase the numbers with time. All it takes is the determination and the persistence to reach your fitness goals. Here, in this book, you will find the recipes that are actually effective in helping you when you are working to reduce your body weight. Of course, no dish can give instant results. So, you need to keep following your diet plan. Eventually, you will begin to see the results. I heartily thank our readers for loving and accepting this book. I am thankful for all the people who have downloaded this book. I hope you will keep on believing in us and will keep on living a good and healthy life.



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