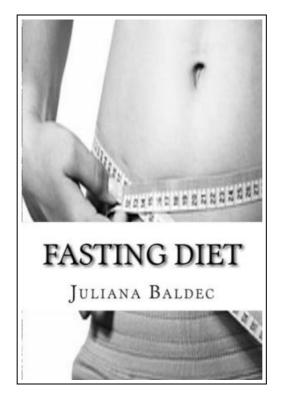
# Fasting Diet: A Practical Guide How to Lose Pounds by Doubling Your Fasting Diet Results - Quick Easy Lose Pounds Blender Lose Weight Shaker Recipes You Can Include in Your Fasting Diet to



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# Reviews

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. The compilation includes 3 books: Book 1: 11 Healthy Smoothies Book 2: Blender Recipes For Weight Loss Book 3: Paleo Is Like You (Fun Little Paleo Lifestyle Poem a day book with inspirational and motivational rhyming verses to spice up your results) You will love discovering some new smoothie recipes that you might add to your Fasting Diet. Consider these healthy scrumptious smoothies to spice up any boring diet and finally get the results you want. If you love smoothies and blender drinks you will love this compilation to complete your smoothie recipe collection. Forget the old concept because there is no need to waist your time in the kitchen with old school recipes that take too long to make. There is every reason to make smoothies the new and 5 minute quick way so that you will gain more time out of your day and your life! Learn the new way of adding smoothies to your Fasting Diet today if you want to achieve your dream weight. Empower yourself via healthy and pound dropping smoothies and live a healthier, leaner and cleaner lifestyle. This compilation will give you some amazing insights into the wonderful world of Smoothies, the healthy Smoothie lifestyle, and how you can connect your diet goals with the Smoothie lifestyle in order to achieve your dream figure and a happier and healthier you without being hungry all the time. This compilation shows you a real approach to dieting the right and realistic way so that you will maximize your dieting results instead of going throught the Yo-Yo dieting effect that happens with almost all diets because most diets are based on unrealistic and unnatural...

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