



Change Your Biology Cookbook: 50 Top Rated Diet Meals-Cut Calories, Reduce Fat, and Reduce Simple Carbs (Paperback)

By Robert Edeson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Top 50 Change Your Biology Diet Meals-Cut Calories, Reduce Fat, And Reduce Simple Carbs Youve tried and tried to lose weight, but it just doesnt happen. Or you lose a bit, then gain it back with a vengeance. Sound familiar? Of course, there are lots of trendy diets, such as the Fast Diet currently making headlines. And theres no reason not to try a new approach and see if it works better for you than the ones youve tried in the past. But work with your body, not against it, and the weight will come off much faster. But wait, theres more. Retooling your diet to be rich in health-promoting foods can stop and even reverse the damage done by an unhealthy one. And to help you prepare your meals around the diet program, you will benefit from a new eating habit that you will introduce to your body. There are over 50 recipes for breakfast, lunch, dinner, and snacks that you will surely love. Not only do they taste so heavenly, they will keep you...

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