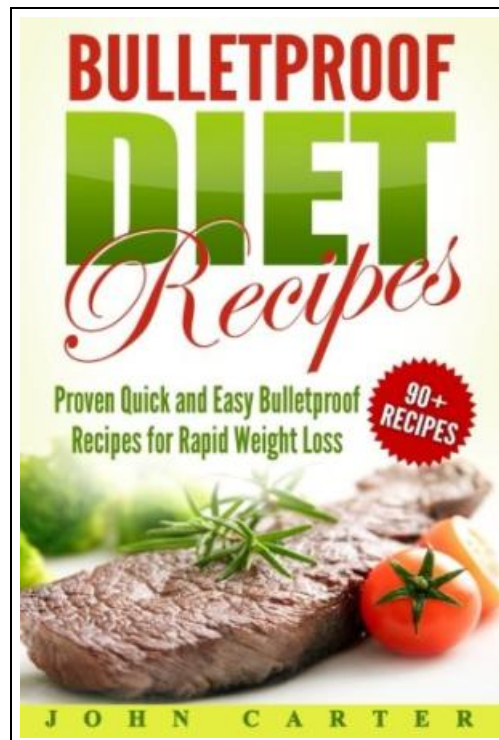


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Look Great and Feel More Energetic - Every Day! You've heard it time and time again, this diet is better than that diet, or you should eat this and not that. Well, if you are reading this, chances are you are getting ready to enter the world of the Bulletproof Diet. Or you may already be a pro at the Bulletproof diet, and are just looking for some amazing new recipes. Whether you are a beginner or a seasoned professional, you have found the perfect book. With living a healthier lifestyle, one of the biggest challenges is making nutritious meals that are accommodating to your health and weight loss goals. Many times recipes need to be altered to fit your specific needs. Have you ever eaten a certain food, and then either felt ill or just not like yourself? Well, chances are you have a sensitivity to that particular food. With the Bulletproof Diet, you will learn what your food sensitivities are and how you can avoid them. Not only will you learn about your sensitivities to foods, the Bulletproof Diet will help you learn what foods to eat, what foods to limit in your diet, and what foods to cut out all together. The Bulletproof Diet also shows you how to cook your foods in order to gain the most beneficial nutrition from your meals. Here is a short list about this book and what you will learn and find: What the Bulletproof Diet is How the Bulletproof Diet works Foods to eat, limit and avoid in your daily diet Helpful tips on how to get started You may be thinking to yourself, I thought this was a recipe...

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