



Bulletproof Diet for Beginners!: Delicious Recipes to Help You Get on the Bulletproof Diet, Lose Weight and Have a Healthier Body (DiETING Plans for Weight Loss)

Samantha Stewart

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Have you ever wanted a diet that would help you feel better along with making you look better as well? Have you wanted to change your eating habits for the best, without having to sacrifice some of the tasty foods that you love? Well, don't sacrifice anymore, for the bulletproof diet is one that will make your body strong. It's a diet that is simple to follow, for you're just putting good fat into your body and getting rid of the bad fat. It incorporates organic and raw eating, and it's actually one of the best diets out there. Not only that, the benefits are amazing, for not only will you lose weight with this, you will also get the benefit of increased focused, better memory, more alertness, and even enhanced energy!

This book contains killer recipes that are simple to follow, but they will help you get the best diet you can possibly have. It is broken down into four major categories, and allows you to have a variety of options to choose from. Change your diet today with this amazing and helpful book!

This book will give you the following information:

- How the bulletproof diet works.
- Do's and don'ts of the bulletproof diet.
- Amazing recipes to use in the bulletproof diet.

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