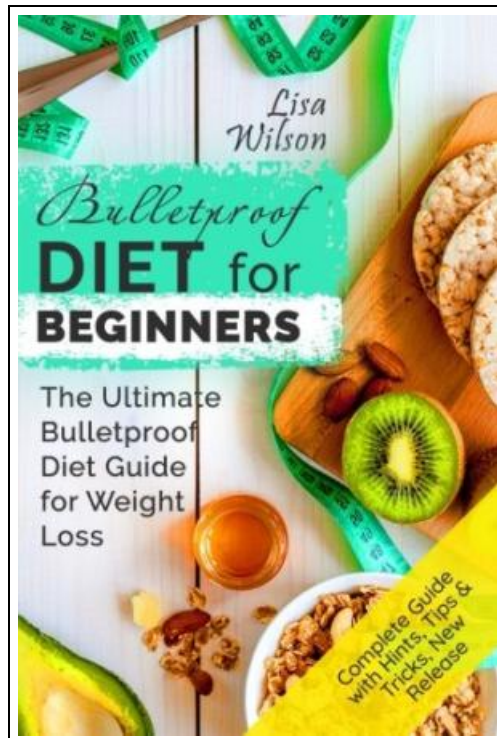


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BULLETPROOF DIET FOR BEGINNERS: THE ULTIMATE BULLETPROOF DIET GUIDE FOR WEIGHT LOSS (PAPERBACK)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Many in a pursuit of an ideal figure are trying out all kinds of diets. Some of them are effective, others are not very much, but the desire to lose weight and get closer to the ideal parameters makes it necessary to look for new options. So, nutritionists suggested a rather unusual way of losing weight - a Bulletproof diet. The basis of the diet is coffee, but not a simple coffee, a Bulletproof-coffee, coffee with ghee/butter and/or coconut oil. This drink will provide energy and endurance during the first half of the day and help you lose weight. Can some special coffee become the key to your weight loss? This is what claims the creator of the new Bulletproof diet, who believes that people consume too many toxic products and for this reason they feel a constant distress, face sicknesses and gain excess weight. The tradition of adding fats to drinks is not so rare: not only the people of Tibet, but also many other people, in particular the people of Africa, add butter to tea or coffee. Coffee with butter is drunk in Ethiopia, and in Singapore coffee beans are dried with the addition of oil. It not only gives a feeling of satiety and provides energy, but also can help burn excess calories! The transformation from the couch potato into a fitness model is possible with the help of this diet that focuses on fats and limits carbohydrates. How to do it, you will learn in this book, which includes the following information: -What is Bulletproof Diet and Why do you need it? -Bulletproof Diet Benefits -Bulletproof Diet Rules and Guidelines -What Foods to Include in the Diet -What Foods to...

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