



Fasting Diet: Fasting Diet Recipes for Healthy Weight Loss

Erica Mauldin, Dean Laurie

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Fasting Diet Fasting Diet Recipes for Healthy Weight Loss The "Fasting Diet Cookbook - Excellent Fasting Diet Recipes to Eat for Fasting Weight Loss" offers dieters a guide to success when following the fasting diet. Packed with helpful information on intermittent fasting and plenty of great fasting day recipes, it offers a one-stop guide to following this diet plan. Finding fasting diet recipes that are tasty and exciting is difficult, but this fasting diet ebook makes it easy to find recipes for intermittent fasting weight loss. Not only will you find plenty of delicious dishes to try, but also a great meal plan to guide you if you are new to the fasting fat loss diet. What's In the Book? With every recipe, you will find helpful instructions and ingredients lists so it is easy to make these fasting diet recipes. Calorie and serving size information is also included so you can keep track of calories while on your fasting days. Important tips and notes are include with recipes to ensure you get great results when you make each dish as a party of your fasting weight loss plan. The right recipes are essential for success on the fasting diet. With this cookbook, you can't fail! You can enjoy new, tasty recipes on your fasting days that will keep you from being bored. In fact, with these intermittent diet recipes, you will barely feel like you are dieting at all!

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