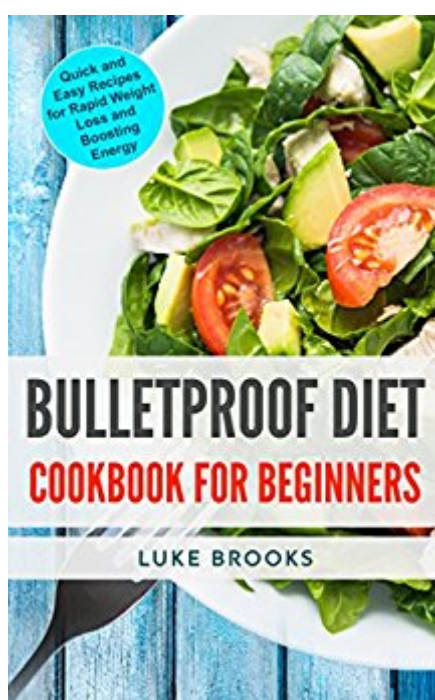


The book was found

Bulletproof Diet: Cookbook For Beginners: Quick And Easy Recipes For Rapid Weight Loss And Boosting Energy



Synopsis

Eat healthier, have more energy and look amazing! Do you feel like it's very difficult to eat healthy and lose weight? You are not alone! Many people experience this struggle every day. The Bulletproof Diet is the best and most effective way to lose weight, have a healthy body and be full of energy. Just imagine having the body you've always wanted and at the same time enjoying delicious meals that will soon become part of your lifestyle. The Bulletproof diet allows you to eat a variety of foods. That you can eat the foods many diets prohibit within reason. This allows you to stick to the diet because you are not feeling deprived. We all have tried the other diets; let's face it they simply never work. The reason is you are told to avoid something completely. The bulletproof diet allows all food to be eaten in small doses. It explains when it is best to consume foods and which foods are best consumed in the right order. You are about to discover |Why choose the Bulletproof Diet How the Bulletproof Diet works List of Foods to Eat and Foods Better to Avoid Breakfast Recipes Lunch and Dinner Recipes Dessert Recipes Smoothies and Drink Recipes And much more! Download your copy NOW! Click the buy button! Tags: bulletproof diet cookbook, bulletproof diet for women, bulletproof diet smoothies, weight loss, lose weight

Book Information

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Customer Reviews

If I could leave no stars I would. Foods included in some of the recipes are foods that are not allowed and the plan. The first recipe was for a mushroom omelette (eggs, mushroom and spinach): thanks for that no-brainer. Also multiple grammar errors throughout the book. I feel ripped off...18 recipes and almost half use foods not allowed on the plan.

I have to say that I am disappointed with the cookbook. It has very few recipes and some are the same as in your Bulletproof book. You don't state any serving sizes and many ingredients use things that's not recommended (bananas, mushrooms,cream).

This is a short intro to the "bulletproof" diet idea. The title is exactly right. It is for beginners and doesn't go into the biochemical depth found in the writings of the actual "bulletproof" founder. The recipes look good and I look forward to trying some of them. I was happy to see the smoothie section, as they are often an easy way to replace a meal or serve as a snack while a beginner eases into the better food choices. I did find the text to be a bit distracting because there are many typos and grammatical errors. At times, the book reads like English is not the author's first language. It is still understandable but it just needs more proof reading. Overall, not bad for \$2.99. Thanks for sharing your ideas Mr. brooks!

Losing weight and keeping it off is a major challenge. Unfortunately, most people regain all the weight they lose and often with interest. This diet is the answer to losing weight fast and keep it off. In this book, it reviews the scientific research behind the diet, why it works and how to tap into it. I like that the food is wholesome and unlike many other diets, you do not go hungry. Delicious easy to make recipes are included.

2017 is the year I want to be healthy and happy and losing weight is a big part of the resolution. I feel equipped to tackle my weight loss goals in a healthy way. I really appreciate the comprehensive recipe guide for morning, day and evening and the smoothie section is going to keep me going. The recipes are creative and super easy to follow and I love that Luke Brooks makes sure you know what foods are good for you and which ones you better avoid.

Easy to follow recipes

I loved the recipes on this book. I found them really useful and they are certainly healthy. I would recommend this book to anyone who wants their food tasty and also does not want to gain any weight. The author gives good instructions, recommendations and recipes.!

This book wasn't edited. There are so many run-on sentences, I couldn't even think about the content. Do some editing before you publish please.

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