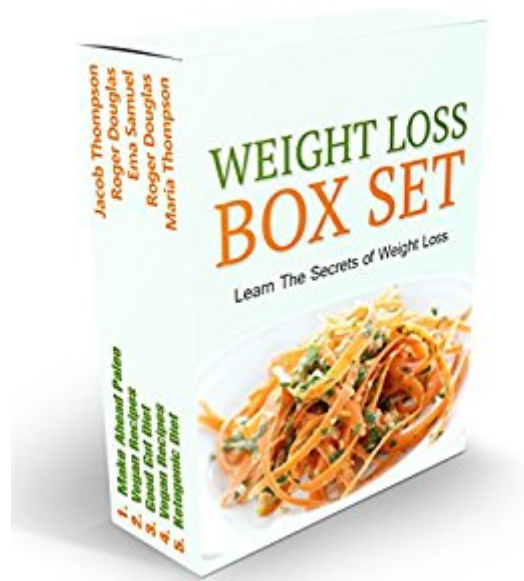


The book was found

Weight Loss Box Set: Learn The Secrets Of Weight Loss (weight Loss, Vegan Diet, Good Gut)



Synopsis

BOOK #1: Make Ahead Paleo: How to Prepare Super Healthy Food: 15 Easy and Fast Paleo MealsThe Paleo diet is a step back in the right direction, the modern diet is full of processed foods and fillers which are no good for the Human body. The Paleo diet removes all the of bad stuff and sticks to the bare bones of what Humans really need to survive. With a new and improved diet the body can begin running at maximum efficiency with no negative effects. Make Ahead Paleo provides a basic introduction into the diet's philosophy, basic plans and delicious recipes to get you ahead and on to a improved quality of life.

BOOK #2: Vegan Diet for Beginners: 4 Weeks of Diet Plans and 50 Delicious RecipesIf you have ever wanted to try vegan-ism, than you might have an inkling into how difficult maintaining a vegan diet is. With no animal products whatsoever allowed, the range and diversity of foods and meals can feel suffocating. However, you can still enjoy a mouth-watering cuisine with different meals everyday, with the help of this handy eBook providing you with 50 Vegan Recipes. From soup to salad, vegetable bake to banana muffins there will be enough to keep another food-lover going back to the kitchen, time and time again.

BOOK #3: Good Gut Diet: How to Restore Your Digestive System, Eat Healthy, Lose Weight, and Feel Awesome Every Day!Western society is under attack from our own bodies. In particular our gut is causing us a travesty of problems; from bloating and gas, to diarrhea, constipation and even abdominal pain. Furthermore, your bowels may be culpable for more than you could imagine – your mood and weight may be directly influenced by your gut flora and how you manage them.

BOOK #4: Vegan Recipes: 50 Delicious and Easy to Make Recipes Plus 4 Weeks of Diet PlansWhether you're new to vegan cooking or are just bored of using the same old recipes, this book will give you plenty of ideas that will leave you looking forward to breakfast, lunch, dinner, and dessert. From old favorites like vegan chili, baked ziti, and muffins to more unique dishes like acai bowls and coconut curry soup, you will find a wide variety of exciting, delicious ingredients and cuisines within this book.

BOOK #5: Ketogenic Diet: The Best Way to Lose Fat, Avoid Mistakes, and Look GreatHave you tried all of the big diets out there to lose weight, but haven't had any success yet? Try the ketogenic diet, a low-carb diet that encourages you to incorporate lots of fats into your meals. In this book, you will learn about the basics of a ketogenic diet. You will find out which foods are perfect for this diet and which foods you will want to stay away from. You will also be presented with fun, delicious ideas for meals and snacks. Embark on this new lifestyle change today and see quick, positive results in your body and with your health.

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