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Diets: The Ultimate DIET RECIPES Book!: Diets: 100+ Of The Best Weight Loss Recipes Compilation (Paleo Diet, Atkins Diet, Low Carb Diet, Ketogenic Diet)

THE ULTIMATE DIET RECIPES BOOK!

100+ of the Best Weight Loss Recipes Compilation



Synopsis

Start Losing Weight Today

SPECIAL OFFER - OVER 50% DISCOUNT LIMITED TIME ONLY 3.99!

(Regularly priced: \$7.99)

Atkins Diet: In this book you'll learn how to create delicious, nutritious, and easy to make Atkins Diet recipes that you and the people around you will certainly enjoy! The Atkins Diet is all about controlling your carbohydrate intake. Once you do this, you easily get to burn fat "even without the need to exercise!With the help of this book, you'll learn how make recipes suited for each phase of the diet. So, start reading this book now and reach your ideal weight in no time!

Paleo Diet: This book contains easy to follow Paleo recipes that anyone can incorporate into their daily lives. Just because you are on a strict diet it does not mean you have to give up the foods you have grown to love. Here you will learn more than 20 mouth-watering recipes that will make you wonder why you have not started on your Paleo diet sooner.

Vegetarian Diet: You'll learn how to prepare the best vegetarian recipes very easily. If you are a beginner at vegetarianism, or want to learn more about it and you're looking for the best advice, tips and recipes, we've wrote this book for you.

Mediterranean Diet: In this book you'll also learn how to get started with the Mediterranean diet and take advantage of the numerous health benefits that can be reaped from this heart-healthy eating plan.

This book contains comprehensive information about the Mediterranean diet. This information will help you better understand what kinds of health benefits that you can get from following this healthy diet program. Also included in this book are easy Mediterranean Diet recipes that will help to you get started with this amazing eating plan.

Dukan Diet: This book will show you how to prepare fast, easy and delicious Dukan-friendly recipes for breakfast, lunch, snacks and dinner. If you have decided to follow the Dukan diet program and you are on the lookout for Dukan diet recipes, this book is perfect for you. This book features a collection of delicious Dukan diet recipes to provide inspiration and motivation for Dukan dieters as well as combat one of the basic causes of all diet slip ups: flavorless and boring meals.

Low Carb Diet: This book contains various recipes that are guaranteed low in carbohydrate content so you do not have to worry about your blood sugar levels shooting up. Low-carb diet is perfect for those who are also trying to lose weight and lead a healthier lifestyle.

This type of diet can jumpstart your way to a new and healthier you. It doesn't matter if you are new to this kind of diet " this book will get you ready for going low-carb!

Here Is A Preview Of What You'll Learn...

- Recipes for Phases 1, 2, 3 and 4 of the Atkins Diet
- Introduction to Paleo Diet
- Omelets, Soups, Salads and Paleo friendly desserts
- A Brief Introduction to Vegetarian Diet
- Mediterranean Diet Recipes for Beginners
- Simple and Easy Dukan Diet Recipes for Lunch
- Some Delicious Ketogenic Recipes
- Low Carb Main Dishes
- All about the 5:2 Diet
- The Anti-Inflammatory Diet: Breakfast, Lunch and Dinner Recipes

Much, much more! Download your copy today!

Book Information

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Customer Reviews

Awesome publication! All the recipes that you need to follow your diet in one book! This book offers over 100 recipes in a compilation of diets like Atkins, Paleo, Mediterranean, Dukan, Ketogenic, etc. All recipes are separated by diet in each chapter and all have easy to follow step-by-step instructions that will have you in no time enjoying delicious and healthy recipes that will help you to lose weight. I love this book and I recommended to all the people doing diet but who doesn't know what to eat!

When it comes to any kind of weight loss or healthy diet most people will think that when they attempt it, they will suffer some kind of deprivation. After reading this book, it is clear that this is not the case when using this Diet Recipes. You can easily use the information inside to tailor a diet that is sustainable for the long term. As someone that believes in fitness and a healthy lifestyle, I think that this type of long term planning is the only way to go.

I've tried many dieting book but no one was as I expected. This book contains 9 different dieting systems which are described clearly from which you can select your suitable one. You will also get 100+ recipes which are very easy to make. Great worth buying this book.

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