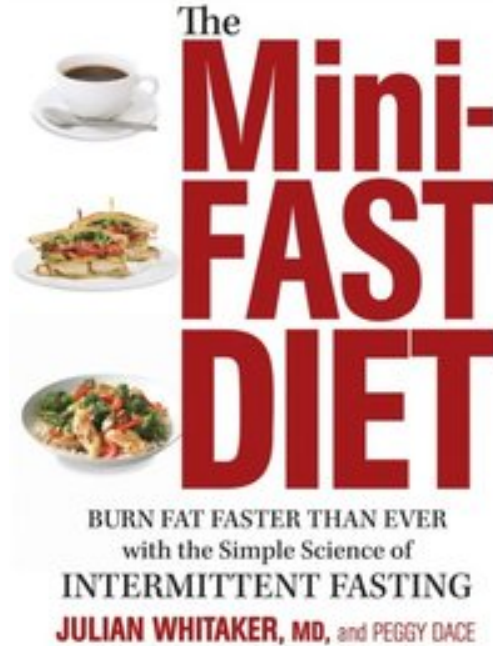


Mini-Fast Diet

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LOSE UP TO 30 POUNDS IN 12 WEEKS!



Julian Whitaker Peggy Dace

Mini-Fast Diet Julian Whitaker Peggy Dace boken PDF

In this breakthrough plan by a renowned wellness doctor, one simple lifestyle change can help reverse metabolic syndrome, drop pounds, and lower insulin levels and blood pressure. The magic secret? A clinically proven, research-backed mini-fast that drives the body into an extreme fat-burning state called ketosis. Just skip breakfast, then add a simple exercise program to burn even more fat. After the mini-fast, eat normally for the rest of the day, focusing on proper portions of lean protein, vegetables, and low-fat, low-glycemic carbs. No counting calories and no hunger. Readers will learn everything they need to follow this expertly designed program, plus: *

- How to kickstart and stay in ketosis *
- A 2-week sample meal plan with more than 50 easy, delicious recipes *
- Advice on safe, effective exercise habits, plus an illustrated guide to the fitness plan *
- Success stories from people who have changed their lives with the diet *
- Science on how the program helps fight or prevent diabetes, arthritis, heart disease, and more



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