



Negative Calorie Diet: Lose 10 pounds in 10 days with delicious healthy recipes; cookbook for rapid fat loss without starving

Albert Pino

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Get ready to lose a pound a day! Do you want to lose weight without starving yourself or suffering with boring and bland foods? Do you want to look and feel better than you have in years? Are you ready for real results? If you answered yes to any of these questions, the Negative Calorie Diet can help you starting today! A complete lifestyle guide – many weeks worth of tasty, healthy, whole food negative calorie meals! This book contains everything you need to know about the negative calorie diet including dozens of amazing recipes that promote health, weight loss, energy, and longevity through the negative calorie diet lifestyle. Ditch those fad diets that are all hype and no substance! Get ready for REAL RESULTS! More than just a cookbook! The Negative Calorie Diet by Albert Pino is more than just a cookbook. Inside you'll find crucial information about the negative calorie diet, what it is, how and why it works, and exactly how you can apply these scientifically proven principles to maximize your results! Simply follow along with the diet and the amazing yet easy to make recipes in this book and you'll kickstart your weight loss efforts into high gear! Lose weight, be healthier, and feel more energetic GUARANTEED OR YOUR MONEY BACK!

Scientifically proven negative calorie recipes The delicious award winning recipes in this negative calorie diet book are all based on the scientifically proven concepts explained inside the book. Don't worry, negative calorie foods are not bland, boring, or tasteless! They simply contain significant water, fiber, and nutrients while being unprocessed whole foods. The negative calorie diet treats food as the honest and natural source of nutrition that it is. Most recipes are primarily vegetable based (and with a few substitutions the negative calorie diet could easily be completely vegetarian or vegan). The ingredients are unprocessed and free of the many unpronounceable chemicals that plague modern diets. The recipes are delicious but not overly complex and require no exotic equipment or significant cooking background. A sustainable lifestyle - not a restrictive starvation diet The negative calorie diet embraces a simple philosophy at its core: eat real, healthy food, prepared in a way that tastes amazing, and enjoy life! Following a negative calorie diet may sound intimidating, but it is actually very easy. It is easy because the recipes are delicious and they will make you feel alive! Do something good for yourself and begin your negative calorie diet today. In a matter of days, when you have personally seen the difference a clean eating, healthy negative calorie diet can make in your life, I'm sure you will have no desire to go back to eating processed, calorie-dense, nutrient deficient foods that so many people are slowly killing themselves with in our modern food dystopia. Let this book show you the amazing negative calorie diet so that you can embrace a new and improved you in a matter of days! Start today and enjoy all the benefits that come with making the negative calorie diet a negative calorie lifestyle!

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