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Crack the Fat-loss Code: Outsmart Your Metabolism and Conquer the Diet Plateau

By Wendy Chant

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Crack the Fat-loss Code: Outsmart Your Metabolism and Conquer the Diet Plateau, Wendy Chant, The New York Times Bestseller! LOSE UP TO 25 POUNDS IN 8 WEEKS AND KEEP IT OFF! The human body evolved to resist starvation by holding on to fat. No wonder it's so difficult to lose weight! Now a revolutionary lifestyle plan finally cracks the code for efficient fat loss. Developed by leading nutrition specialist Wendy Chant, the plan is scientifically designed to help you "outsmart" your body's natural cycles for storing and burning calories. Crack the Fat Loss Code teaches you how to boost your metabolism through "macro-patterning"--a simple routine of alternating carb-up, carb-down, and baseline days. There are even built-in cheat days, so you can enjoy the foods you love. Once you get your eating habits on schedule, you'll find that you can lose weight .for good. In just eight short weeks, you'll be able to: REPROGRAM YOUR BODY--to burn the fat and keep it off. FEEL HEALTHY, NOT HUNGRY--with limitless food options. CONQUER THAT DIET PLATEAU--once and for all. "Crack the Fat-Loss Code brings you the most sensible solution to permanent weight management...



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Reviews

Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and i suggested this book to find out.

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