



## Cook, Eat and Lose: The Secret to Melting Fat Quickly and How to Never Diet Again (Paperback)

By Cathy D Blackburn

Createspace, United States, 2015. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.We are all looking for that magic pill but study after study has shown that there is no magic diet. We all have different dietary needs that make eating for your nutritional type a critical part of losing weight and keeping it off. Within the contents of this book reveals some of the most overlooked secrets such as: how to personalize your pantry, smart food preparation, healthy substitutions and more. The sole purpose of Cook, Eat and Lose is to reveal secrets that will provide quick yet simple strategies that will save you time and money. These strategies will empower you to make healthier decisions about the food you eat. Fewer calories mean more weight loss which can be achieved successfully when supplemented by the right exercise. The hidden gems found within Cook, Eat and Lose will provide more than a temporary fix. This book will empower you to overcome the obstacles of losing those extra pounds, keeping them off and turning the tables on weight loss.



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