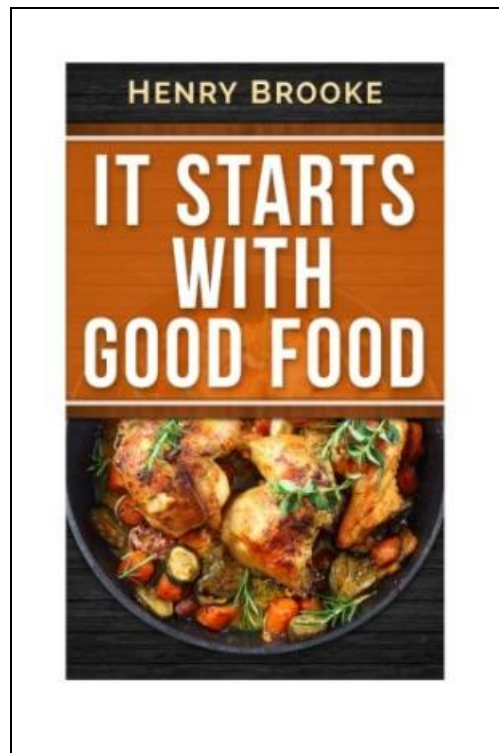


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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Note: This book is not authored by Dallas and Melissa Hartwig. This cookbook is authored by Henry Brooke Publishing and the recipes it includes were created based on food choices recommended in It Starts With Food It Starts with Good Food Cookbook: Amazing Whole 30 Inspired Recipes For Food Lovers To Lose Weight and Reset Your Metabolism Everything You Need To Lose Weight, Reset Your Metabolism and Start Feeling Better This book has proven recipes guaranteed to help you lose weight fast! We all know how busy life gets. Add in trying to figure out what you need to eat to lose weight to the list of now unnecessary things you no longer need to do. This diet approach, combined with the right exercises is all you need to lose weight and reset your metabolism? Fancy meal plans, fit bits, calorie counting apps are not needed, you can save money on these, throw out the gym membership and still get the results you want. What if I told you there is a faster way to lose weight and prime your metabolism? Have you ever wanted to kick start fat loss for a special event or lose those extra 10 pounds? What if you could eat amazing food and still get the results you ve been craving? What if you had a yummy meal plan and the top exercise tips at your disposal? This book explores the world where you can get the results you ve always wanted, all you need is the It Starts With Good Food Cookbook! My goal is to give you the tools to lose weight fast and reset your metabolism in as little as...



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