



The Eat, Fast, Slim Diet: The Life-Changing Fasting Diet for Amazing Weight Loss and Optimum Health

By Amanda Hamilton

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Eat, Fast, Slim Diet: The Life-Changing Fasting Diet for Amazing Weight Loss and Optimum Health, Amanda Hamilton, Amanda Hamilton has helped thousands of people to lose weight and regain body confidence and zest for life. Discover the transformational diet secret: intermittent fasting. Experience rapid and sustained weight loss - drop a dress size in just six weeks and shift even stubborn fat. Follow one of Amanda's healthy fasting plans to ensure you get all the nutrients you need for long-term results. Use the plans to maximize the benefits of fasting - to lose weight, slow down ageing and boost your health. Choose a fasting plan that suits you and your lifestyle - 16/8, 5/2, alternate day or juice fasts. Along with fasting guides, you'll enjoy delicious, nutritious food with over 100 healthy and sustaining recipes for breakfasts, lunches and dinners.



READ ONLINE
[2.7 MB]

Reviews

The ebook is straightforward in go through preferable to recognize. It typically does not charge too much. Its been designed in an exceptionally straightforward way and it is just following i finished reading this book where basically altered me, affect the way i really believe.

-- **Dr. Reta Murphy**

It becomes an amazing pdf which i actually have at any time read through. This can be for all those who statte there had not been a worthy of reading through. You wont sense monotony at anytime of your own time (that's what catalogues are for relating to should you check with me).

-- **Claud Kris**