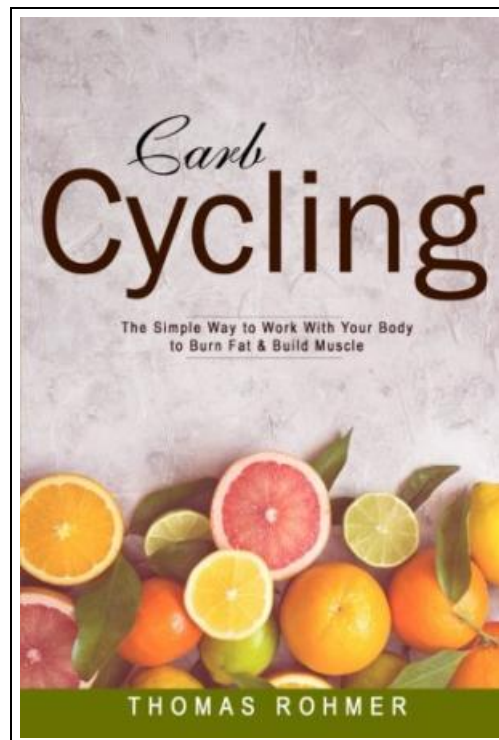


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Finally a Simple Approach to Burning Fat Building Muscle That Actually Works! Are you tired of feeling miserable and starving yourself to only temporarily lose weight? Do you gain too much excess fat when trying to build muscle? Do you want to be able to strategically enjoy delicious foods that will actually help you burn fat? If you answered YES!, then you'll want to download this book. Here's the reality: Dieting used to suck: You're tired of eating the same boring healthy foods. You're tired of eating 6 small meals a day to boost your metabolism. You're tired of gimmicky diets that leave you feeling miserable. And finally, you're tired of gaining all of the weight back. Luckily there's a better way to go about this and it's called carb cycling. Carb cycling will finally give you a dieting approach that'll allow to lean down while eating your favorite foods. And the best part is that because it's so easy to do, you'll be able to maintain this diet for life, which means no more rebound weight gain. Here are a few things you'll discover in this book: Over 40 done-for-you recipes with calories and macros already counted for you to make carb cycling that much easier. How your body actually works in regards to burning fat. How many calories you need to eat to start losing weight or build muscle. What the carb cycling diet is and how to get started with it today. The best way to set up your carb cycling schedule even if you're a busy person. The best (and easiest) way to accurately track...



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