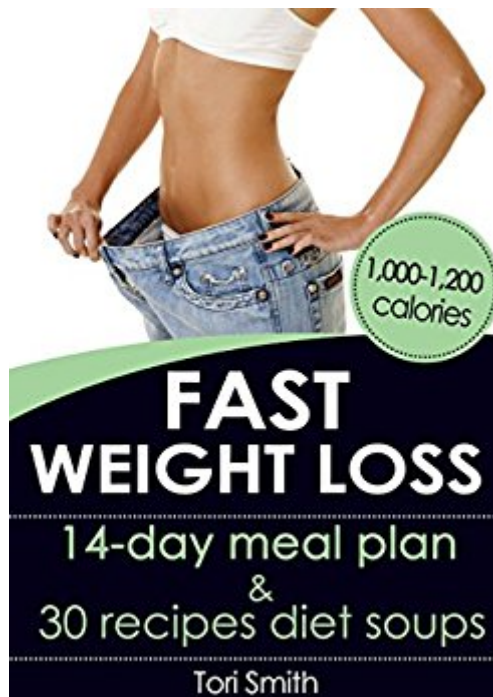




The book was found

Fast Weight Loss: 14-day Meal Plan 1,000-1,200 Calories And 30 Recipes Diet Soups



Synopsis

Do you want to lose one kilogram or more in a day? This meal plan will be your lifeline on the way to the physical form of your dreams! Diet 1000-1200 calories it is one of the most effective diets today. The essence of this diet is to not eat more than 1200 calories per day. At the same time, you can eat any meals. Of course, the dishes should be useful for the organism and low-calorie. This diet allows you to lose weight without causing the body to stress. Inside this book you will find:- 14-Day Meal Plan- Breakfast, Lunch, Dinner, Snacks- Serving Size- 30 recipes delicious dietary soups GRAB YOUR COPY NOW!

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Customer Reviews

Really delicious soup recipes. You will definitely lose weight during the two weeks of this diet.

Awesome! This book is going to teach you how to lose weight the healthy way and maintain it and also how to eat right without obsessing over every calorie. Tons of tips and recipes.... you are never gonna give up once you bring this book to your life. I use this book as a reference as well. Highly

recommended!! Worth recommending!

I have chronic back pain and can only spend 15 minutes cooking. Easier for me to depend upon whole foods and things that need only a little time to cook. This book must have been translated to English. There are some terms that don't make sense. Very few.

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