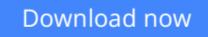


10 Low Calorie Flab Busting Salad Recipes For Detox & Weight Loss: The Effective Guide To Healthy Eating & Slimming Down To A New You (Tried & Tested, Weight Loss Diets) (Salad Diet)

Elizabeth Lee



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From a tried and tested weight loss fanatic and author - Elizabeth Lee - comes an easy-to-follow 4-week delicious salad diet that will trim you down to your desired weight within 10 months!.

Why settle for salad recipes with heavy dressings that only serve to add up to your bulk when you can slim down to a new you with a handful of light yet tasty salads which will not leave you subject to your hunger pangs from a juice fast or meal-skipping! This book will jump-start your weight loss, boost your energy level, enhance the proper functioning of your brain and improve your overall health!

Wishing you could kick-start your weight loss program in a healthy way without incurring water loss or regaining your weight once you are off a fad diet or supplements....

OR are you TIRED of NOT SEEING ANY LOSS OF INCHES from your bulky figure, in spite of the numerous crash diets you have tried and caused your metabolic rate to rollercoaster in a crazy manner?

Here's what the book can do for you. IT IS ONE OF THE BEST HIGH PROTEIN DIETS TO HELP YOU ACHIEVE WEIGHT LOSS using a straightforward 4-week plan that will transform your overall health and melt the inches off you in a approximately 10 months or much lesser! By successfully implementing the vegan diet in this book, you will be able:

. Learn how to lose weight in a safe and healthy manner;

. Witness the inches melting from your waistline and other stubborn areas until you are one to two dress sizes down

. Reduce your risk of getting diseases associated with the heart and even strokes

. Banish your lethargy and detox your body to accept new nutrients within, so that your liver and kidneys function well

.Love eating a daily dose of vegetables required to cleanse your body and fast-start your metabolism .Save money spent on fad diets and supplements that do not work!

The question is: Are you ready to sport a slimmer, healthier, and sexier look for this new year?

Then pick up my 4-week plan and embark on your OVERALL TRANSFORMATION without wasting any more of your precious time!

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Andrew Comer:

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Carlos Pollard:

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