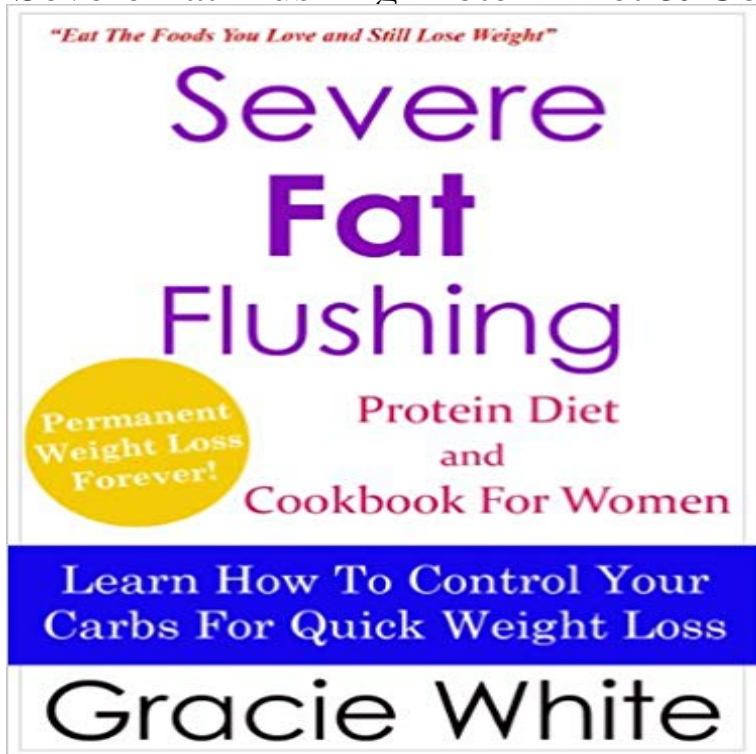


Severe Fat Flushing Protein Diet & Cookbook For Women



Severe Fat Flushing Protein Diet & Cookbook For Women is available on Kindle or you can download it to your computer with Amazons FREE Kindle application for PC. Are you searching for a weight loss diet that will give you the foods you love to eat AND permanent weight loss? Are you having health problems that are related to being overweight? If you or a loved one needs to lose weight, this book, Severe Fat Flushing Protein Diet & Cookbook For Women, is ready to help you right here, right now! Severe Fat Flushing Protein Diet & Cookbook For Women is geared for women who need to lose weight and lose it fast. The book features a high protein, high good fats, low carb, way of eating that will flush those unwanted pounds right out of your beautiful body. It is proven fact that a low carb diet can lead to quick fast and permanent weight loss. Studies from prominent universities are now agreeing that this low carb way of eating will lead to improved health and amazingly quick weight loss. Severe Fat Flushing Protein Diet & Cookbook For Women is filled with advice and tips on how to achieve quick permanent weight loss with a 7 day step-by-step planned menu with links to each and every delicious weight loss recipe. YOU get to eat the foods you love and still lose weight. The quick links to each recipe make it easier than ever to follow this easy and very simple weight loss diet. In no time at all you will have lost 10-20 pounds and 2 dress sizes. Wow! Just in time for the holiday eating and the weight gain you may experience during this time. How great is that? What is a high protein diet? What are proteins and what do they do for our beautiful bodies? What do you eat when you are on protein meals daily? What foods are considered high protein meats or high protein foods? Can you have fast weight loss on this high protein weight loss plan? These questions

will all answered the minute you download this amazing book, Severe Fat Flushing Protein Diet & Cookbook For Women to your desktop. Dont wait another second to start on this proven weight loss diet program for women! You will also get an amazing FREE BONUS BOOK when you download this book to your desktop. Susan J. Sterling has given me permission to give this free bonus book, Zero Carb Skinny Cocktails and Bar Drinks, just in time for your holiday party planning, to you right here right now. Wow! FOR FREE! Youre going to love this collection of over 200 cocktails, shooters and bar drinks that arent just low carb, theyre actually Zero Carb! Really! Just imagine a delicious, Sweet Pina Colada, a Refreshingly Icy, Sweet, Sour and Salty Margarita or an Eye-Opening Bloody Mary for Zero Carbs! Its amazing!!! Join The New Zero Carb Revolution with Zero Carb Skinny Cocktails And Bar Drinks! Are you ready to start losing weight and eat the foods you love? Then do it! Now is the time. Information included in this book: Chapter One What Is Protein And What Role Does It Play In Flushing The Fat Out Of Our Body? Chapter Two The Number One Proteins To Include In Your Weight Loss Diet For The Fastest Weight Loss Chapter Three The Basic Diet Plan For The Fat Flushing High Protein Low Carb Diet With a 7 Day Diet Meal Planner Chapter Four Fat Flushing High Protein Low Carb Delicious Recipes Cookbook Chapter Five Biblical High Protein High Fat Flushing Foods Of The Bible AND The Healing Foods Of The Bible Chapter Six Free Bonus Book Zero Carb Skinny Cocktails and Bar Drinks With Permission From Susan J. Sterling Recipes with links include: 3 Egg Omelette* Beef Roast Delight* Broccoli Cheese Delight* Lemon Garlic Tilapia 3 Egg Golden Brown Pancake* Slow Cooker 4 Meat Stew* 8 Ounce Garlic Ginger Grilled Rib Eye Steak* Homemade Italian Dressing* Poached Eggs Mexican Style* Hot And Spicy Beef Strips* Poached Fillets Of Sole* Glazed Ham Steaks* Ginger

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