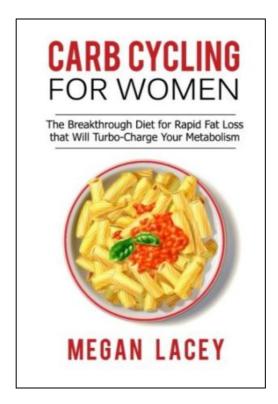
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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Discover The Secrets to Rapid Fat Loss with the Ultimate Guide to the Carb Cycling Diet for Women Attention All Women: Are You Frustrated With Stubborn Body Fat and Restrictive Diets? Discover How You Can Eat The Foods You Love and Still Burn Unwanted Body Fat by Using the Strange, Yet Extremely Effective Methods of Carb Cycling! Dear friend, My name is Megan Lacey, and I want to show YOU how to you can use the unorthodox methods of carb cycling to finally lose your stubborn body fat and keep it off for good! Discover how to get yourself that lean, tight body you ve always wanted, while still eating the foods you love! Complete with a 30-day, done-for-you meal plan and simple, yet delicious recipes! I m going to take you by the hand and show you exactly how to start burning fat NOW while still eating the foods you love. If you follow the simple, yet unorthodox guidelines and principles in this guide, you WILL achieve that lean, flat and toned body you ve always wanted! Inside This Beginner Friendly Guide You Will Discover. The real REASON you ve failed to lose that stubborn body fat in the past (it's not your fault!), and what to do to get you burning fat today! The role of the dietary carbohydrate and how much you actually need to live a healthy, happy life (the so-called gurus straight out lied to you here). A complete newbie-friendly explanation of the carb cycling diet and exactly why it's so incredibly effective for fat loss. The best way to start your own carb cycling diet, and what you need to keep in...

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