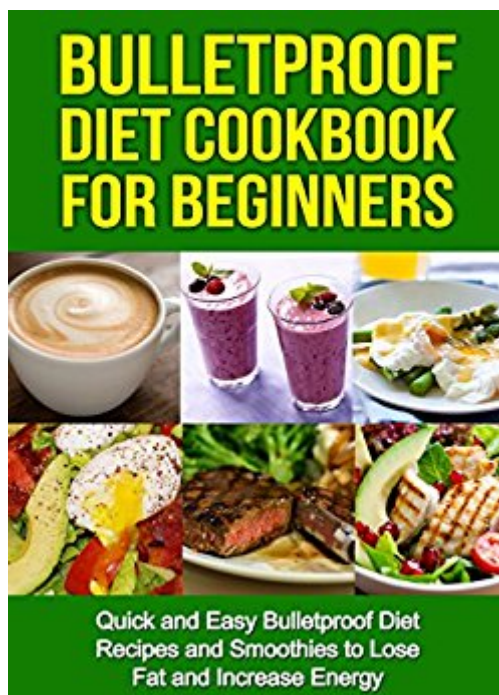


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# **Bulletproof Diet Cookbook For Beginners: Quick And Easy Recipes And Smoothies To Lose Fat And Increase Energy (Lose Up To A Pound A Day, Reclaim Energy And Focus, End Food Cravings)**



## Synopsis

Bulletproof Cookbook will upgrade your life with simple and delicious recipes aimed to have you looking and feeling your best! Now with BONUS Bulletproof Smoothie Recipes! Download today for a discounted price of \$2.99 (originally \$4.99) The Bulletproof Diet is the quickest way to lose fat, gain energy and focus, and be healthier than you've ever been! Imagine being leaner, healthier, and sharper than you've ever been before just by eating delicious meals and even desserts! Skeptical? I would be too if I hadn't been observing the diet for over one year! By leveraging the power of healthy fats, millions of people have learned the secret to performing at their highest level. This diet includes staples such as grass-fed butter, MCT oil, avocados, coconut oil, and many more to have you feeling and looking your best! The recipes in this e-book will provide amazing energy and focus all day, while also giving you high-quality REM sleep at night. In the first chapter of the book, I will reveal to you even more secrets of the Bulletproof Diet, and how amazing you will feel while eating delicious meals, wonderful smoothies, and divine desserts. Try the Bulletproof Diet today, proven by millions to lose fat, gain energy, and feel unstoppable all day! 100% satisfaction or your money back, guaranteed. Download Bulletproof Diet Cookbook For Beginners today to experience a new kind of energy and focus that you've never felt before! Here Is A Preview Of What You'll Learn... Amazing Benefits of the Bulletproof Diet The Best Foods and Meals to Quickly Shed Extra Fat Eating the Bulletproof Diet On the Go or at Work Top Foods to Avoid on the Bulletproof Diet Simple Breakfast Recipes! Fantastic Smoothie Recipes! Power Lunch Recipes! And lastly, delicious dinner AND dessert recipes! And much, much more! Here's What Others Are Saying about The Bulletproof Diet Cookbook "You'll be happier, healthier and lighter in every way" -Ana "Never felt more healthy while on the diet" -Cheryl "The recipes are all amazing and easy to prepare" -Nate So, what are you waiting for? Download Bulletproof Diet Cookbook to start cooking these mouth-watering recipes!

## Book Information

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## Customer Reviews

One of the things I found out by reading Tony Robson, the author's books was that inflammation is the main cause of sudden weight gain or loss. Tony has a regime for us to follow in this bulletproof diet plan and cookbook. We go on it for 14 days before you go into the lifetime maintenance mode. I liked the Bulletproof Coffee Recipe which since I love coffee, I will have to try. The Avocado Salad recipe and the Coconut-Blueberry Panna Cotta are on the way to my mouth as we speak. Another wonderful Tony Robson book. Check out his author page. You will be amazed at how accomplished he is.

A simple and straightforward guide to the bulletproof diet initially pioneered by Dave Asprey. Contains a helpful overview of the diet, how it helps you to lose weight, foods that are safe/restricted, as well as a large section with delicious recipes!

Save your money and print a few pages from the website. Good grief, the back of the book even says "this e-book....." I would return it but it isn't worth the extra errand. There are only 46 pages, and the print is large and there are lots of empty space on the pages. It is a total rip-off....

fun and helpful

What I love about this book compared to other Bulletproof diet cookbooks I've read is it's so simple and straightforward. The recipes are so good and I love the tips provided by the author on how to stay on the diet, I've been using them since I

started this diet. But I would love if the recipes came with photos and nutritional information since it's a diet book so some people like me like monitoring such things. Overall, it's still a helpful book!

Great

If you buy the diet book.....the exact same recipes are in this book. DON'T buy both like I did!! M

Good ideas!

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