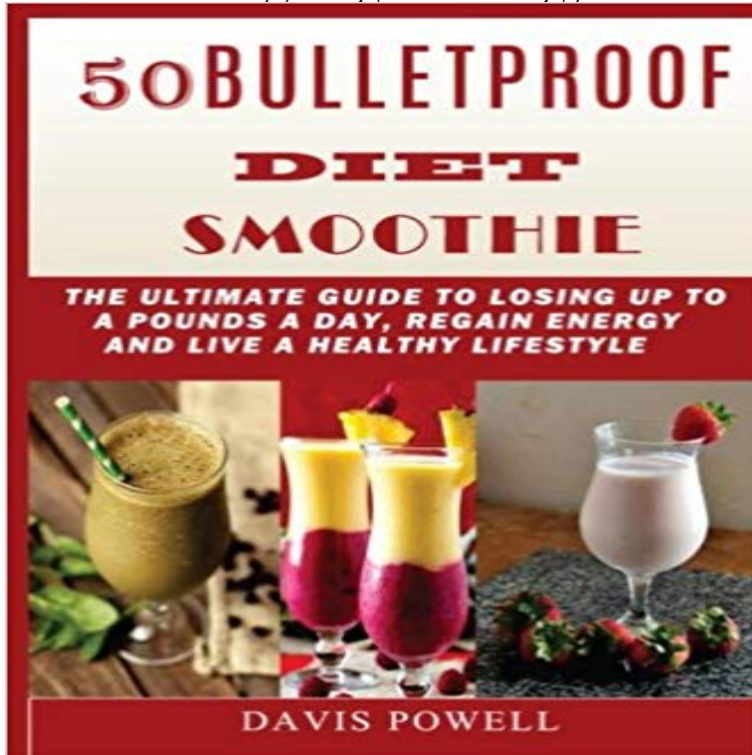


## 50 Bulletproof Diet Smoothie: The Ultimate Guide to Losing up to a Pounds a Day, Regain Energy and Live a Healthy Lifestyle.



Ask yourself the number of times you started out on a new diet with the greatest of intentions of getting healthier and losing weight only for everything to fall apart faster than you can say. 50 BULLETPROOF DIET SMOOTHIE Features 50 delicious smoothies (#ALL RECOMMENDED IN THE BULLETPROOF DIET SPECTRUM), that fits the very specific criteria of the bulletproof diet. 50 bulletproof diet smoothies has 50 quick and easy smoothie recipes which are especially designed to make sure they meet all the requirements of the bulletproof diet, as well as being satisfying and delicious. This recipe are design to help beginners get started on the bulletproof diet this instant, and reap the rewards of a healthier lifestyle. This book is a great sit-down read, as well as a beginners guide to the bulletproof diet. This book contains other hacks as described in the Bulletproof Diet, which will make you feel really transform. I personally assure you that you will feel your best (sharper, happier, calmer) eating the high fat diet that Dave recommends in his book. I have recommended this type of diet to my clients and many have testified that the feel calmer, happier and have lost weight, without feeling hungry or unsatisfied.

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