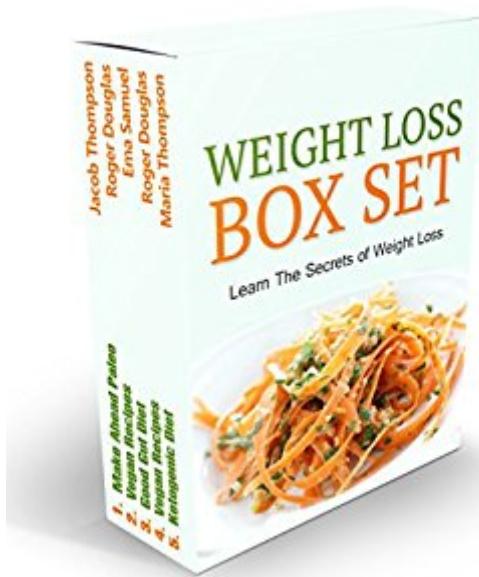


The book was found

Weight Loss Box Set: Learn The Secrets Of Weight Loss (weight Loss, Vegan Diet, Good Gut)



Synopsis

BOOK #1: Make Ahead Paleo: How to Prepare Super Healthy Food: 15 Easy and Fast Paleo Meals

The Paleo diet is a step back in the right direction, the modern diet is full of processed foods and fillers which are no good for the Human body. The Paleo diet removes all the of bad stuff and sticks to the bare bones of what Humans really need to survive. With a new and improved diet the body can begin running at maximum efficiency with no negative effects. Make Ahead Paleo provides a basic introduction into the dietâ™s philosophy, basic plans and delicious recipes to get you ahead and on to a improved quality of life.

BOOK #2: Vegan Diet for Beginners: 4 Weeks of Diet Plans and 50 Delicious Recipes

If you have ever wanted to try vegan-ism, than you might have an inkling into how difficult maintaining a vegan diet is. With no animal products whatsoever allowed, the range and diversity of foods and meals can feel suffocating. However, you can still enjoy a mouth-watering cuisine with different meals everyday, with the help of this handy eBook providing you with 50 Vegan Recipes. From soup to salad, vegetable bake to banana muffins there will be enough to keep another food-lover going back to the kitchen, time and time again.

BOOK #3: Good Gut Diet: How to Restore Your Digestive System, Eat Healthy, Lose Weight, and Feel Awesome Every Day!

Western society is under attack from our own bodies. In particular our gut is causing us a travesty of problems; from bloating and gas, to diarrhea, constipation and even abdominal pain. Furthermore, your bowels may be culpable for more than you could imagine â“ your mood and weight may be directly influenced by your gut flora and how you manage them.

BOOK #4: Vegan Recipes: 50 Delicious and Easy to Make Recipes Plus 4 Weeks of Diet Plans

Whether youâ™re new to vegan cooking or are just bored of using the same old recipes, this book will give you plenty of ideas that will leave you looking forward to breakfast, lunch, dinner, and dessert. From old favorites like vegan chili, baked ziti, and muffins to more unique dishes like acai bowls and coconut curry soup, you will find a wide variety of exciting, delicious ingredients and cuisines within this book.

BOOK #5: Ketogenic Diet: The Best Way to Lose Fat, Avoid Mistakes, and Look Great

Have you tried all of the big diets out there to lose weight, but havenâ™t had any success yet? Try the ketogenic diet, a low-carb diet that encourages you to incorporate lots of fats into your meals. In this book, you will learn about the basics of a ketogenic diet. You will find out which foods are perfect for this diet and which foods you will want to stay away from. You will also be presented with fun, delicious ideas for meals and snacks. Embark on this new lifestyle change today and see quick, positive results in your body and with your health.

Getting Your FREE Bonus

Download this book, and find "BONUS: Your FREE Gift" chapter right after the introduction or after the conclusion.

Download your copy of "Weight Loss Box Set" by scrolling up and clicking "Buy

Now With 1-Click" button.

Book Information

File Size: 1482 KB

Print Length: 304 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 6, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01LQO2FRO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,210,531 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #85

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets >

Vegan #255 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #5223

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets >

Weight Maintenance

[Download to continue reading...](#)

Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost

Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut

Balance Recipes) Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan

cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural

hygiene) Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your

Intestinal Health (good gut guide, gut health, good gut diet) Vegan: Vegan Diet For Beginners: 150

Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes,

Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Weight Loss Box Set: Learn The Secrets

of Weight Loss (weight loss, vegan diet, good gut) Vegan Recipes: Vegan Bistro Recipes: 48

Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to

lose weight fast, vegan cookbook, Weight loss for diabetics) Vegan: Vegan Diet Recipes That You

Can't Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker

Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet, Green Food, Dinner, Lunch, Breakfast and Snacks) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1)

[Dmca](#)