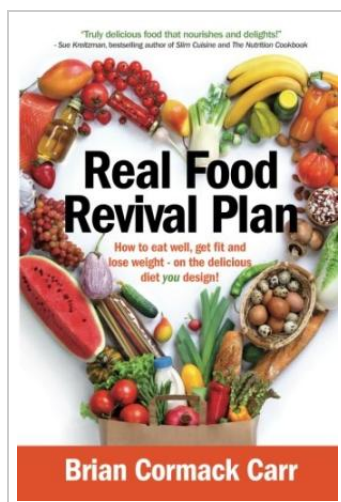




Real Food Revival Plan: How to Eat Well, Get Fit and Lose Weight - On the Delicious Diet You Design! (Paperback)

By Brian Cormack Carr

Albus Press, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Want to lose weight? Nonplussed about nutrition? Unsure of how to exercise? AT LAST, A FOOD AND FITNESS GUIDE FOR ORDINARY PEOPLE! Say farewell to fad dieting with Real Food Revival Plan. This groundbreaking book presents a revolutionary new approach to good food and physical fitness - one in which you become the author of your own path to a lifetime of better eating and improved wellbeing. Now you can create a personally-tailored nutrition and exercise plan that will help you shed pounds, drop inches, and build better health - all while feeling well-fed and well-nourished on a diet of delicious real food. LEARN HOW TO: -Design your own ideal diet based around your favourite tastes -Replace processed and fattening junk with real, fresh, delicious meals -Fill yourself up without making yourself fat -Cook and eat healthily - whether you re an omnivore, vegetarian or vegan -Enjoy guilt-free treats and snacks -Get fit - with surprisingly little effort, and no matter how out-of-shape you are now! It s time to opt out of the obesity epidemic forever. With Real Food Revival...



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Reviews

An exceptional ebook along with the typeface utilized was fascinating to read through. I am quite late in start reading this one, but better then never. You are going to like the way the blogger write this publication.

-- **Judd Schulist**

Complete information! Its such a great study. It is probably the most amazing book i have got study. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mr. Roger Luetngen III**