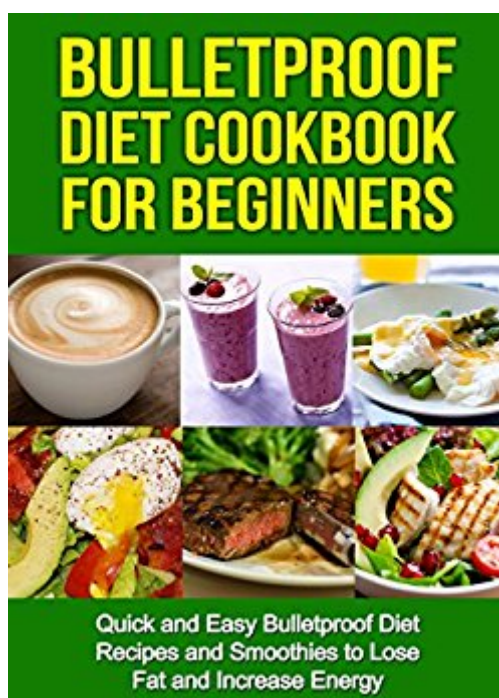


The book was found

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

File Size: 901 KB

Print Length: 32 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 30, 2015

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B00VGZAWMY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #94,822 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12

in Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Cookbooks, Food & Wine

#26 in Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Health, Fitness &

Dieting #95 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

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!

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

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)
14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Bulletproof: The Cookbook: Lose Up to a Pound a Day, Increase Your Energy, and End Food Cravings for Good The Bulletproof Diet: Lose Up to a Pound a Day, Reclaim Your Energy and Focus, and Upgrade Your Life The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Ketogenic Diet: 4 Weeks To Rapid Weight Loss, Strongest Energy Better Your Life: LOSE UP TO ONE POUND A DAY(Including The BEST Fat Loss Recipes - FAT BOOTCAMP Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet

Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)