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Hormone Reset Diet: 60+ Breakfast to Dessert Recipes to Boost Metabolism, Balance Hormones, and Lose Weight Fast (Paperback)

By Laura Bennett

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 2nd Edition- Hormone Reset Diet- MORE than 60 recipes that you re craving for!!! This book is made to support those who are practicing the diet and are having a confusion or problem with their meal plans. You want recipes and less chit-chat? This book has exactly what you need! This ultimate cookbook is packed with recipes that will take care of your breakfast, lunch, dinner, snacks, and dessert. The recipes aren t also just another health-promising recipes. They are also made to please your taste buds. Imagine meat, seafood, omelette, pudding, gelatin, smoothies, and sweets all at your fingertips in just one book! I made it so that you will never have return to your old eating habits. Go ahead and indulge in the healthiest way that you can with this book. Here Is A Quick Peak Of What Recipes You ll Learn Inside. Cheese Oatmeal Pancakes Zucchini Pasta Chicken Meatballs Mac and Cheese Prosciutto with Caramelized Onion Cordon Bleu Casserole Asian Style Grilled Chicken Tulse Gelatin Almond Chia Pudding All-In Banana Smoothie Much, much more!.



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