



The Lean and Clean Diet: Dieting Secrets and Over 30 Recipes to Get Lean and Stay Healthy

By Liam Abby

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. You can do all the cardio you want but if you don't have a nutrition plan you will never be able to burn this belly fat and have the fit body you dream of. You don't know where to start? This book is here for you; it's a simple guide that will teach you all essential things about fat loss and nutrition: -How to structure your diet. -How to set your goals. -How to calculate your needs of macros. -How to maintain muscles while losing fat. -Common fat loss mistakes. -Secrets and tips to burn fat effectively. And the best part, 30 delicious recipes to boost your metabolism and burn fat even in your sleep without the need to suck your stomach. So stop wasting your money on fat burning supplements, and get ready to improve your health and transform your body, because when finished reading this book you will know everything the fitness industry don't want you to know. Good luck to everyone Liam Abby.



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