



Choose to Lose: A Carb Cycling Diet Plan for Rapid Weight Loss with 50 Recipes Plus a Meal Exercise Plan (Paperback)

By Casey Hayden

Dipuggo Publishing, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Shed Those Stubborn Pounds with the Power of Carb Cycling! Is it hard to stick to a diet? Do you feel low-energy when you re trying to lose weight? Have you experienced acid reflux and bloating while dieting? If so, Choose to Lose: A Carb Cycling Diet Plan for Rapid Weight Loss is the book for you! Casey Hayden explains how cycling the number of carbohydrates you eat during specific periods can help you avoid the frustrations of other diets. Many people have met their health and fitness goals by following the Carb Cycling Diet - and you can, too! In Choose to Lose: A Carb Cycling Diet Plan for Rapid Weight Loss, Casey Hayden provides a detailed Meal and Exercise Plan and Carb Cycling Recipes for each of the 3 Phases of the Carb Cycling Diet: / The Adrenals Rebuilding Muscle Eating Fat to Lose Fat You ll be amazed by Casey s Full 28-Day Meal Exercise Plan and his 50 Delicious Carb Cycling Recipes! When you order Choose to Lose: A Carb Cycling Diet Plan for Rapid Weight Loss, you...



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