



Bulletproof Diet for Beginners: The Ultimate Bulletproof Diet Guide for Weight Loss (Paperback)

By Lisa Wilson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Many in a pursuit of an ideal figure are trying out all kinds of diets. Some of them are effective, others are not very much, but the desire to lose weight and get closer to the ideal parameters makes it necessary to look for new options. So, nutritionists suggested a rather unusual way of losing weight - a Bulletproof diet. The basis of the diet is coffee, but not a simple coffee, a Bulletproof-coffee, coffee with ghee/butter and/or coconut oil. This drink will provide energy and endurance during the first half of the day and help you lose weight. Can some special coffee become the key to your weight loss? This is what claims the creator of the new Bulletproof diet, who believes that people consume too many toxic products and for this reason they feel a constant distress, face sicknesses and gain excess weight. The tradition of adding fats to drinks is not so rare: not only the people of Tibet, but also many other people, in particular the people of Africa, add butter to tea or coffee. Coffee with butter is drunk...



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Reviews

Very helpful to all type of individuals. It really is rally interesting through looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

-- **Tyshawn Brekke**

The publication is easy in read through preferable to fully grasp. It is writter in simple phrases instead of hard to understand. You will not sense monotony at at any moment of your respective time (that's what catalogs are for concerning if you request me).

-- **Kevin Bergstrom Sr.**