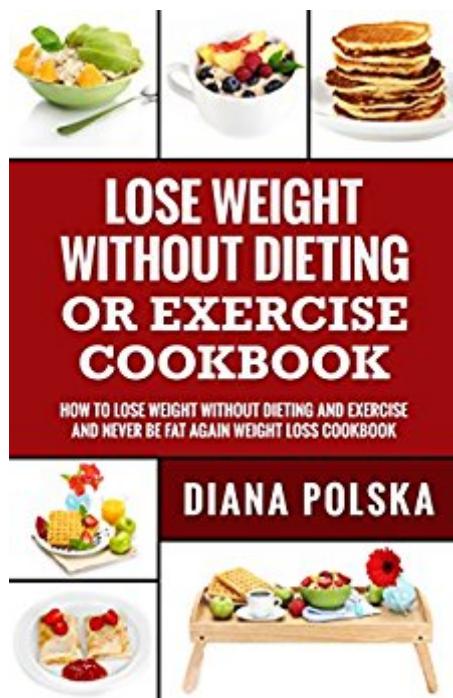


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# **Lose Weight Without Dieting Or Exercise Cookbook: How To Lose Weight Without Dieting Or Exercise And Never Be Fat Again Weight Loss Cookbook**



## **Synopsis**

LOSE WEIGHT WITHOUT DIETING OR EXERCISE WEIGHT LOSS COOKBOOKThe method, meal plans, and recipes in this book are based on intermittent fasting, meal frequency, and meal timing. It's an easy and fast way to get thin and stay thin forever (no more yo-yo weight battles). It's possible to eat whatever you want, lose weight, and never be fat again. The method is not a temporary weight-loss method or fad diet. It's a lifestyle plan that works for the long-term. This scientifically-based, comprehensive lifestyle plan works simply because, unlike short-term weight-loss diets, an easy-to-follow, lifelong weight-management lifestyle will help you lose weight and keep it off permanently. It does not require dieting or exercise. In addition, it will dramatically improve your health, energy, and well-being.

## **Book Information**

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## **Customer Reviews**

The book has a Really Catchy Title: LOSE WEIGHT WITHOUT DIETING OR EXERCISING: HOW TO LOSE WEIGHT WITHOUT DIETING OR EXERCISING AND NEVER BE FAT AGAIN WEIGHT LOSS COOKBOOKYeah, Right!! Who doesn't want to lose weight without dieting or exercising? I mean, most of us have even done Google searches, "How to Lose Weight Without Exercising or

Dieting" Oh, maybe it was just me. But, I'd like to know. I've done searches on how to speed up my Metabolism too. Well, no Miracle Bullet there either. With everything going on with science, can't someone just figure out a way to stuff some Nanonites into a pill? Those little buggers could break out and gobble up the fat, then just move on their way. Well, what else are they good for? Cancer Research? Nope, more people would buy them for weight loss. Again, maybe just me. The author, Diana Polska, emphasizes why her method works, gives a number of guidelines to follow, meal plans, recipes (some pretty good ones). Some of the recipes are similar to the authors book, I'm going to try the recipe next weekend called, "Healthier Chocolate Cake: that utilizes Black Beans. I'm sure that will be good, because I've devised recipes using Garbanzo Beans and Cannellini Beans for Brownies, Blondie's and Coconut Bars and they turned out great. The author uses ingredients that I always readily have on hand: Coconut Flour, Almond Flour, Stevia, Sesame Seeds, Apple Cider, Balsamic Vinegar, Organic Eggs, Ginger, Coconut Oil, Almond Milk (I like Cashew Milk too), Cocoa Powder, Organic Coconut, Organic Baking Powder, Grass Fed Butter, Cocoa Nibs, Organic Chocolate Chips (I make my own sugar free) Those are the main ingredients. I do a lot of baking and I've been working on my own original Gluten Free recipes for the last 3 1/2 years. The roofing company owner came in my house to write up a contract and looked at my large copper hanging kitchen rack. Then, he looked at the 2 Cuisinart's & small kitchen appliances and said, "Are you a caterer?" "No, why?" "Good Lord, you have more cookware than any house I've ever been in. You must do a lot of baking." "Well yes, I do" I didn't want to tell him, there's a room in the basement, with the pans and gadgets that I can't fit in the kitchen. My sister said, "I told you, you're a Gadget Hoarder. No one in the world has a Truffle Shaver, but you!!" "I need that. Truffles are expensive. If I gave it away, then I'd need it." I guess that's the definition of "Hoarder" I'm not sure if these recipes will lead to weight loss, but they are certainly Healthy and Low Glycemic, so those are huge plus's. This author has penned other health books that are high on my list too. I look forward to more offerings by her. Thank you for reading my review.

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