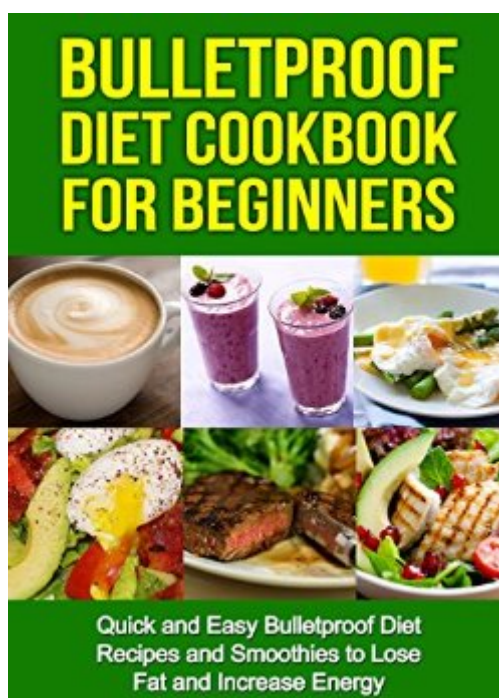


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# **Bulletproof Diet Cookbook For Beginners: Quick And Easy Recipes And Smoothies To Lose Fat And Increase Energy (Lose Up To A Pound A Day, Reclaim Energy And Focus, End Food Cravings)**



## Synopsis

Bulletproof Cookbook will upgrade your life with simple and delicious recipes aimed to have you looking and feeling your best! Now with BONUS Bulletproof Smoothie Recipes! Download today for a discounted price of \$2.99 (originally \$4.99) The Bulletproof Diet is the quickest way to lose fat, gain energy and focus, and be healthier than you've ever been! Imagine being leaner, healthier, and sharper than you've ever been before just by eating delicious meals and even desserts! Skeptical? I would be too if I hadn't been observing the diet for over one year! By leveraging the power of healthy fats, millions of people have learned the secret to performing at their highest level. This diet includes staples such as grass-fed butter, MCT oil, avocados, coconut oil, and many more to have you feeling and looking your best! The recipes in this e-book will provide amazing energy and focus all day, while also giving you high-quality REM sleep at night. In the first chapter of the book, I will reveal to you even more secrets of the Bulletproof Diet, and how amazing you will feel while eating delicious meals, wonderful smoothies, and divine desserts. Try the Bulletproof Diet today, proven by millions to lose fat, gain energy, and feel unstoppable all day! 100% satisfaction or your money back, guaranteed. Download Bulletproof Diet Cookbook For Beginners today to experience a new kind of energy and focus that you've never felt before! Here Is A Preview Of What You'll Learn... Amazing Benefits of the Bulletproof Diet The Best Foods and Meals to Quickly Shed Extra Fat Eating the Bulletproof Diet On the Go or at Work Top Foods to Avoid on the Bulletproof Diet Simple Breakfast Recipes! Fantastic Smoothie Recipes! Power Lunch Recipes! And lastly, delicious dinner AND dessert recipes! And much, much more! Here's What Others Are Saying about The Bulletproof Diet Cookbook "You'll be happier, healthier and lighter in every way" -Ana "Never felt more healthy while on the diet" -Cheryl "The recipes are all amazing and easy to prepare" -Nate So, what are you waiting for? Download Bulletproof Diet Cookbook to start cooking these mouth-watering recipes!

## Book Information

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## Customer Reviews

One of the things I found out by reading Tony Robson, the author's books was that inflammation is the main cause of sudden weight gain or loss. Tony has a regime for us to follow in this bulletproof diet plan and cookbook. We go on it for 14 days before you go into the lifetime maintenance mode. I liked the Bulletproof Coffee Recipe which since I love coffee, I will have to try. The Avocado Salad recipe and the Coconut-Blueberry Panna Cotta are on the way to my mouth as we speak. Another wonderful Tony Robson book. Check out his author page. You will be amazed at how accomplished he is.

Gave the basics of the bulletproof diet which helped me decide whether to investigate it more and buy more books. That being said, there, were lots of errors, lots of misspelled words, missing info. Glad didn't spend more than 2.99

A simple and straightforward guide to the bulletproof diet initially pioneered by Dave Asprey. Contains a helpful overview of the diet, how it helps you to lose weight, foods that are safe/restricted, as well as a large section with delicious recipes!

I'm a little uncertain about who the Author of this excellent book is. David Asprey is the name given but there's another name on the front cover. That apart this is a great reference book for anyone seeking not just a change in diet but a change in lifestyle. The book lists the good and the bad in foods and the lists are extremely comprehensive. The reader is encouraged to watch for how different foods affect him or her, so there is emphasis placed on certain foods affecting the individual and no two people are the same in how they respond to any given food. Here's a

healthy way to change your lifestyle with all the reasons why. The many recipes for every meal, breakfast, lunch and dinner look delicious â€“ eating right means you donâ€™t even have to go hungry which gets my vote. A good book to own.

I've been drinking bulletproof coffee for quite some time. I came across this book that provides numerous recipes for beginners in terms of cooking. The author Tony Robson speaks on topics such as foods to eat and foods to avoid, breakfast recipes, lunch recipes, dinner recipes, dessert recipes, smoothie recipes, and so much more. I loved the variety of options of recipes. Check it out!

Does following diet make you feel tired and unhealthy? These foods would help you to make you feel otherwise. I love the recipes..they definitely seem tasty and great. Actually, it doesn't seem like diet. Try it, I am going to!

What I love about this book compared to other Bulletproof diet cookbooks Iâ€™ve read is itâ€™s simple and straightforward. The recipes are so good and I love the tips provided by the author on how to stay on the diet, Iâ€™ve been using them since I started this diet. But I would love if the recipes came with photos and nutritional information since itâ€™s a diet book so some people like me like monitoring such things. Overall, itâ€™s still a helpful book!

This book helped to clearly explain how inflammation could lead to weight gain and how avoiding certain foods could help you avoid it and thus reduce weight gain and help lose weight. I love the approach of this book and how it breaks down the foods you can and cannot eat. Full of information, I love it. Trying this diet now and so far I am feeling great!

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Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Superfoods Today Red Smoothies: Energizing, Detoxifying & Nutrient-dense Smoothies Blender Recipes: Detox Cleanse Diet, Smoothies for Weight Loss Diabetes, Detox Green Cleanse for Weight Loss Energy Mediterranean Diet: 30 MINUTE Mediterranean Diet Cookbook with 80 Mediterranean Diet Recipes to Help You Lose Weight, Increase Energy & Prevent Disease ... (Mediterranean Diet & Cookbook Series 2) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners (paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1) Alkaline Smoothies: Lose Weight & Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies (Nutrition, Alkaline Diet, Weight Loss Book 1) Atkins Diet for Beginners: The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook) 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox)