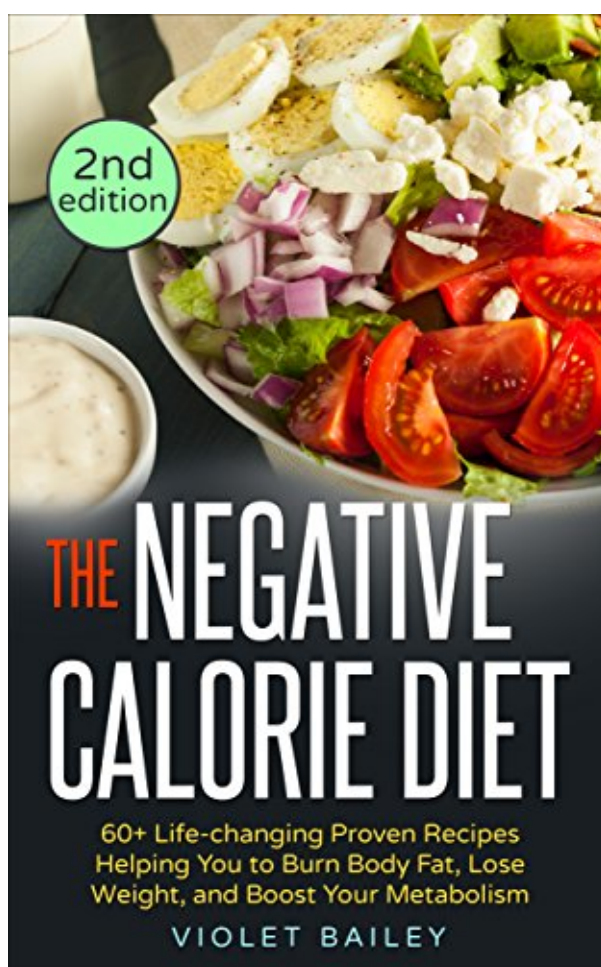
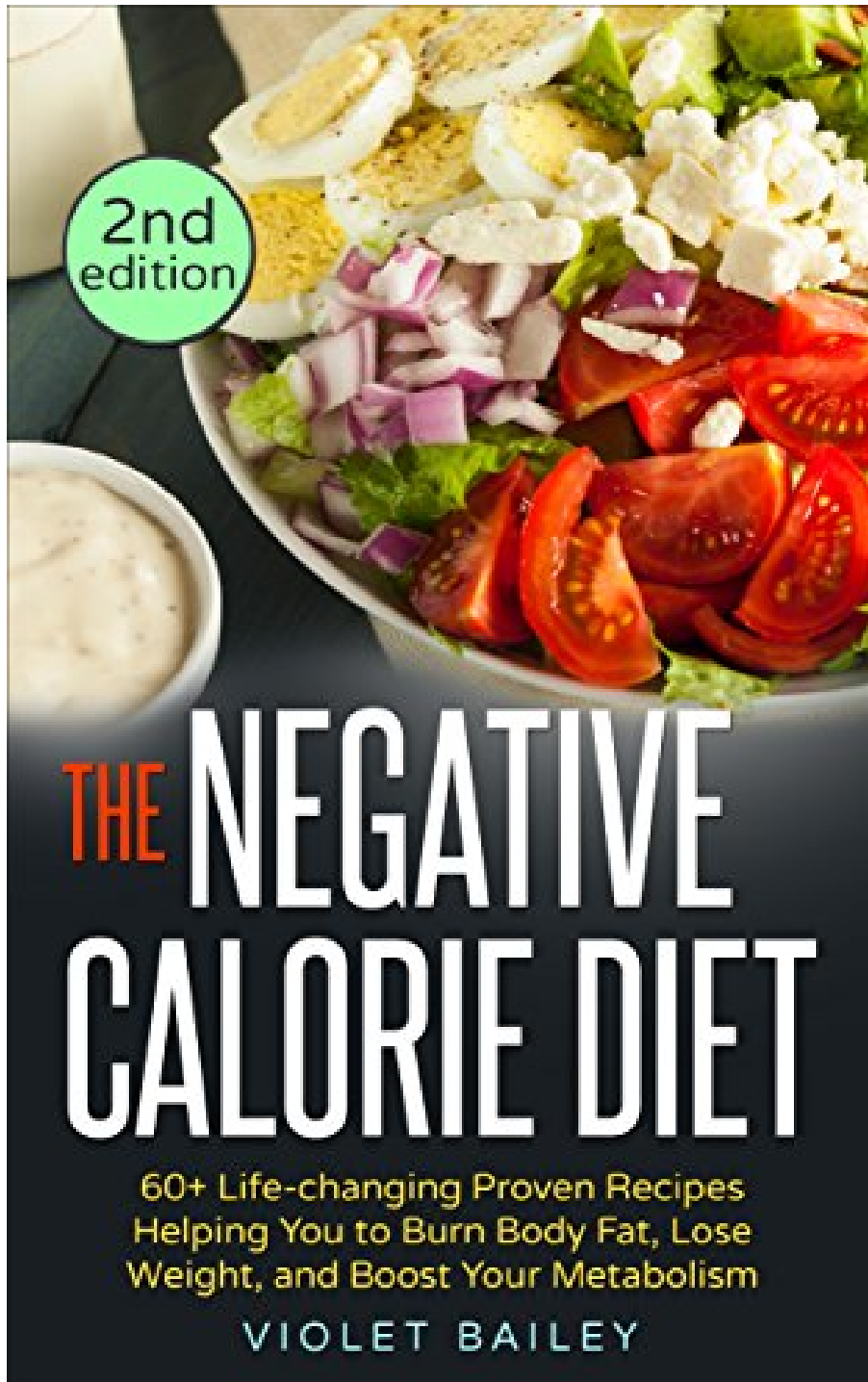


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About the Author

Violet Bailey is an Indiana-based nutritionist and cookbook author. She has delivered fabulously detailed and uncompromising recipes that helping numerous individuals lose weight, stay lean and maintain their figures. She is also a passionate cook that living in her means and dedicates to make a difference to the world.

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Second Edition- extended information and extra award-winning recipes to lose a pound a day!
Lose Up to 10 Pounds in 10 Days with 10 All You Can Eat Foods

Eat and still burn fat? Yes, this may seem impossible to believe, but there are foods that you can consume that enables your body to shed fat even if you don't starve yourself to death. How is this possible, you ask?

What if I told you that there's a diet that can help you burn fat, lose weight, and still encourage you to eat full meals and even snacks?

The Negative Calorie Diet is a meal program that encourages the dieters to eat meals. In fact, after a 10-day cleanse, a significant weight loss is expected. After that, you will enter a 20-day, eat all you can phase, which of course has meals that have negative calorie foods as ingredients. I'll discuss more on that later. But, the beauty of this diet is that you don't need to eliminate any type of food groups you can eat (however, junk food and processed foods are obviously eliminated), portions are not restricted, and you can eat until you're full, as long as you are eating negative calorie foods.

Here Is What You'll Learn...

- Top 10 Negative Calorie Foods
- Good Sources of Protein
- Do's and Don'ts
- Step by Step Lose Weight Methods

Here Is A Quick Peak Of Recipes You'll Learn Inside...

- The Perfect Bowl of Apple n' Oats
- Sunrise Toast
- Mushroom and Kale Omelet
- Celery-Peanut Butter Sticks
- No-Bake Homemade Oat Bars
- Combo Negative Calorie Food Shake
- Much, much more!!!

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Most helpful customer reviews

4 of 4 people found the following review helpful.

Certainly good for a beginner like me!

By Elsa B.

This is great! I love the style of this book especially since it consisted of many meal suggestions - you know, the idea of not cooking, instead you can just grab something and mix/match it with another ingredient. Some of those featured here gave me further ideas. I also love the Top 10 thermogenic foods since they agree with my keto diet plan. Negative calorie diet is new to me, so this book is a pleasant gift. Not only is a short intro included, it also has Do's and Don'ts as well as calorie count.

3 of 3 people found the following review helpful.

Even though I'm a fitness enthusiast, I haven't heard ...

By Amazon Customer

Even though I'm a fitness enthusiast, I haven't heard of the Negative Calorie Diet before. The book provides a brief introduction to this type of diet, and more importantly, it contains a large variety of low-calorie meals that can also be included in other diet plans and programs, such as various Intermittent Fasting protocols. So, if you're looking to lose weight and boost your metabolism without depriving yourself, you might find this book helpful.

2 of 2 people found the following review helpful.

Discover how to eat whole foods that help to burn fat and promote weight loss.

By Ally Gold

Great guide for persons who are interested in actually eating and not starting themselves on a diet. The author shows how to eat food which are classifies as whole foods that help the body to burn fat and quite effective in losing weight.

There is a list of Do's and Dont's and also recipes guides for daily meal planning.

See all 20 customer reviews...

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