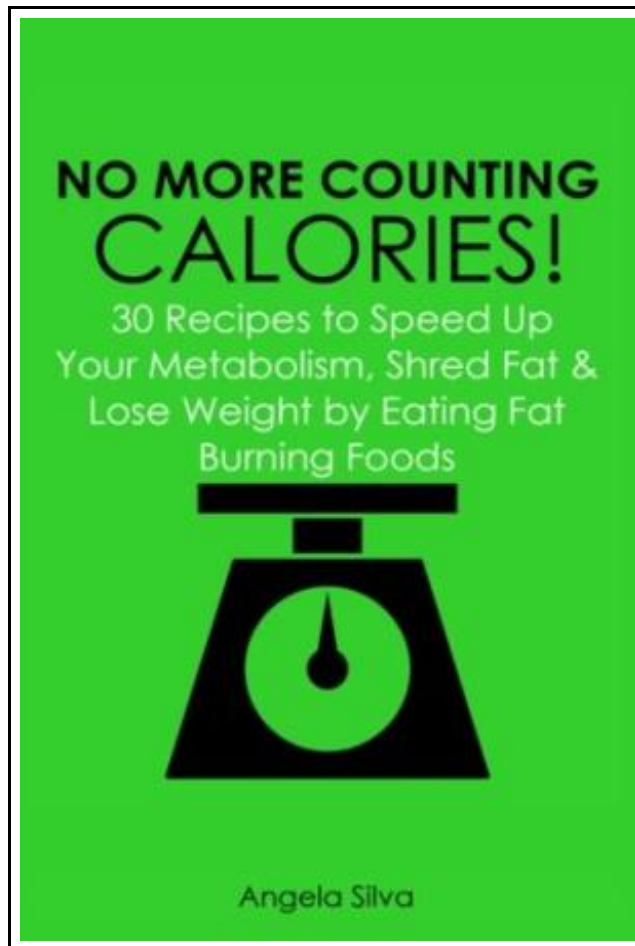


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. No More Counting Calories What if you could ramp up your metabolism without any diet pills? What if you could begin to lose weight without following an expensive pre-made meal plan? What if you could increase your metabolism whether you exercised or not? What if you could see changes in your waistline (and on the scale) by changing a single meal each day for the next month? Well, you can! With No More Counting Calories you will learn how to use foods you already know and love, to speed up your metabolism and burn off fat in a healthy way. Without obsessing about calories, or eating boring, tasteless meals. While some believe that your metabolism is genetic and not subject to change, scientific studies have shown that food choices can indeed modify the rate at which you burn calories. Choosing foods rich in protein, vegetables, and slow release carbohydrates allow your body to burn calories more efficiently. And best of all, it doesn't take a dramatic shift in food intake to see positive results. Changing from simple carbohydrates - like white breads, white pastas, and white potatoes - to slower releasing carbohydrates avoids dramatic sugar spikes in your blood that can result in an unbalanced metabolic rate and increased fat accumulation. In No More Counting Calories, you will get 30 amazingly delicious recipes that will help you lose weight. All the recipes are created with healthy, natural ingredients that promote and aid your fat loss goals. So, say goodbye to scammy pills and crash diets that leave you angry and miserable after they fail to deliver results. Dive into the book now and get recipes that are perfect...



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