



Intermittent Fasting: BOX SET 4 IN 1 The Complete Extensive Guide On Intermittent Fasting + Paleo + Smoothies #12 (Clean Eating, Intermittent Fasting, Smoothies, Superfoods, Spice Mixes, Paleo)

M. Clarkshire

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Intermittent Fasting - BOX SET 4 IN 1 is your Complete Extensive Guide On Intermittent Fasting + Paleo + Smoothies

BOOK #1 PREVIEW

Intermittent fasting is actually quite incredible, and can improve the quality of your life exponentially. This book is going to outline the different types and techniques of intermittent fasting so that you can utilize it in your own life to the maximum benefit possible.

BOOK #2 PREVIEW

The Paleo diet is a very popular topic that has come about in modern society today. Many people have it on the tips of their tongues, as we explore healthier lifestyles and ways to keep our bodies healthy.

BOOK #3 PREVIEW

Smoothies can be made right in your very own home. They take almost no effort whatsoever, and once you start drinking them you will be shocked by the burst of energy and feeling of positivity that it imbues you with.

BOOK #4 PREVIEW

Book that aims to improve your meal and health quality, included within its pages are amazing spice combinations that will take your breath away and leave you hungry for more. You'll be amazed how great these can taste together and what they will do for your health.

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Tags: Clean Eating, Intermittent Fasting, Smoothies, Superfoods, Spice Mixes, Paleo , Smoothies For Weight Loss

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Randy Johnson:

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Louis Hartford:

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Edward Lott:

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