



**How to Lose Weight In 10 Days BOX SET 3 IN 1:
30 Weight Loss Motivation Instruments + Simple
Diet Plan & 8 Great Green Smoothies Ideas For
Fasting!: ... fat recipes, low calorie recipes)
(Volume 1)**

Pamela Johnson, Catherine Parker, Irene Edwanson

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How to Lose Weight In 10 Days BOX SET 3 IN 1: 30 Weight Loss Motivation Instruments + Simple Diet Plan & 8 Great Green Smoothies Ideas For Fasting! BOOK #1:How to Lose Weight In 10 Days. 30 Weight Loss Motivation Instruments

This book offers you 30 weight-loss motivational hacks to help you to stick to a diet and fitness program in 7 days. When trying to keep yourself on target of reaching your goals in weight-loss and fitness can be very difficult to stay motivated. We all know that we have experienced this at one time or another in life.

The suggestions and tips in this book offer you positive ways to help yourself to reach your personal goals in weight-loss and fitness. Having a game plan is an important part in being successful in reaching goals in anything whether it is in weight-loss, work or other aspects of your life. You need a game plan to help you keep focused on the goals that you want to reach.

By using the motivational tools that are suggested in this book you can build a positive game plan that will surely make reaching your goals a very real possibility.

BOOK #2:Leptin: Leptin Resistance Recipes For Weight Loss & Health

In this e-book we will help you to understand exactly what vitamin K is. Go on to understand how it is further divided into vitamin K1, K2 and K3, and how each of these interact with your body. Learn what benefits each of them offer, and how you can increase your intake naturally.

BOOK #3:Green Smoothie Recipes For Rapid Weight-Loss. Learn How To Lose Up to 7 Pounds in 7 Days

We're all familiar with the delicious tastes and pleasing texture of smoothies; however, have we considered them for a full-diet weight-loss option yet? As it turns out, green smoothies-- or smoothies containing mostly blended leafy greens-- are among the most filling, the most delicious, and the healthiest ways to lose weight known to medical and nutritional science today! Learn what the big companies don't want you to know! Learn how easy it is to change. This is all just advice; you can do whatever the heck you want. Your weight-loss results may vary, but as long as you keep your food intake below what you're breathing out, you're going to lose weight. This is a great way to do that in the easiest possible way for anyone who is trying to lose weight. You can expect to lose 7 'real' pounds in your first week if you stick with just these.

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