



Healthy Diet Recipe Books: Intermittent Fasting Diet and Slow Cooker Recipes

Hyacinth Wilding, Hicks Iesha

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Healthy Diet Recipe Books: Intermittent Fasting Diet and Slow Cooker Recipes The Healthy Diet Recipe Book covers two different diet plans, the Intermittent Fasting Diet and the Slow Cooker Recipes. These two diet plans work well together, since the intermittent fasting diet is not a permanent diet plan. You can go on the intermittent fasting diet to help cleanse the body and jumpstart weight loss. Once the weight loss is success, you can switch to the slow cooker recipes. Or you can be "intermittent" just like the diet suggests, and do the fasting diet for a couple of weeks every so often to re-jumpstart weight loss.

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