



# **Weight Loss Box Set: 98 Effective Diet Plans and Recipes for Fast Weight Loss (weight loss, fast weight loss, diets for weight loss,)**

*Donald Adams, Michael Atkins, Monica Selman, Michael Green, Monika Troy, Virginia Bailey*

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## **BOOK #1: Crockpot Recipes: 33 Best Crockpot Recipes for Fast and Easy Crockpot Cooking for Two**

Each one of these recipes is cooked in the crockpot while you are at work, ensuring that you have a delicious meal waiting for you when you get home.

You will even find deserts that you can make in your crockpot in only a few hours with only minutes of prep time. Now you do not have to worry about what is for dinner, simply place the ingredients in the crockpot and let your crockpot do the work for you.

Each of these recipes is for two, but they can be multiplied to create much larger meals for larger families.

## **BOOK #2: Low Carb Recipes: 24 Quick, Delicious and Healthy Low Carb Recipes**

This book proves beyond all doubts that good health as a result of good eating habit is not a luxury; it is not just affordable by the rich and not for some specific class of people. Great health is achievable by anyone and everyone. In this book, you will learn how to maintain the best health and yet enjoy your meals.

## **BOOK #3: Juicing Recipes: 25 Delicious Juice Recipes to Reduce Weight and Improve Your Health**

If you're reading this book, it's probably because you have questions regarding the role of juicing and how it can help you to reduce your weight and improve your health. The fact of the matter is that, plain and simple, juicing can help you do those things, and there are twenty five different recipes that allow you to do so. You can try only one of those recipes or as many as you want to, and in the long run, you may end up coming up with your own recipe to share to the world as well!

## **BOOK #4: Clean Food Diet: Effective Clean Food Diet Meal Plan That Will Keep You Healthy, Energized, and Fresh**

Learn how processed foods have infiltrated our diets and how to eat clean for health, and to lose or maintain weight. Unlike other diets, the clean foods diet is a simple, back to basics approach for changing the way you eat giving you renewed energy, and a fit, healthy body. This book offers you a step by step guide, including helpful personal explorations gauging your readiness for this exciting change, and some quick and easy recipes that will make your mouth water.

## **BOOK #5: Intermittent Fasting: 8 Effective Ways to Get More Out of Intermittent Fasting for Fast Weight Loss**

In this book you will learn about the health benefits of intermittent fasting and its importance. You can also choose from a wide array of fasting options listed in this book that will suit best your lifestyle, profession, eating habits, mentality and gender. All you need to do is stick to a fasting plan and consume no food at all during a certain fasting interval, but merely drink water, while eating normally or simply reducing the intake of calories during the eating period. Lose weight easily and fast through intermittent fasting by sticking to the recommended steps for weight loss with the fasting scheme.


## **BOOK #6: Ketogenic Diet: 8 Effective Ways to Get More Out of the Ketogenic Diet. Complete With Best Ketogenic Diet Dinner Recipes**

Ketogenic Diets (all the more particularly Cyclic Ketogenic Eating regimens) are the best eating methodologies for accomplishing quick, ultra low bodyfat levels with most extreme muscle maintenance! Presently, as with all such broad articulations there are incidental special cases. Be that as it may, done right - which they infrequently are - the fat misfortune achievable on a ketogenic eating regimen is out and out amazing! What's more, in spite of what individuals may let you know, you will likewise appreciate extraordinary high vitality and general feeling of prosperity.

## **Getting Your FREE Bonus**

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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