



My Bulletproof Diet Cookbook (A Beginners Guide):: The Ultimate Guide to the Bulletproof Diet Recipes: Recipes to help you Lose up to 1LBS Every Day, Regain Energy and Live a Healthy Lifestyle.

Dave Scott

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NOTE: This book is authored by Davis Powell, a practicing neurologist, psychotherapist specializing in weight loss and healthy dieting and advocate and as a supplement to the **“THE BULLETPROOF DIET COOKBOOK”** by **DAVE ASPRAY** creator of Bulletproof Coffee, chairman of the Silicon Valley Health Institute and host of Bulletproof Radio.

“Ask yourself the number of times you started out on a new diet with the greatest of intentions of getting healthier and losing weight only for everything to fall apart faster than you can say.”

This BULLETPROOF DIET COOKBOOK picks up where the diet plan leaves off, arming you with 150 (#ALL RECOMMENDED IN THE BULLETPROOF DIET SPECTRUM), clearly explained and easy to follow, to help you stay bulletproof for life and never get bored.

This book is a great sit-down read, as well as a beginner’s guide to the bulletproof diet. This book contains other "hacks" as described in the Bulletproof Diet, which will make you feel really transform. I personally assure you that you will feel your best (sharper, happier, calmer) eating the high fat diet that Dave recommends in his book. I have recommended this type of diet to my clients and many have testified that they feel calmer, happier and have lost weight, without feeling hungry or unsatisfied.

.....SO WHAT ARE YOU WAITING FOR? GET YOURSELF BULLETPROOFED AND LIVE A HEALTHIER LIFESTYLE!.....

. Scroll up now and get your BULLETPROOF DIET COOKBOOK, and make absolute sure you keep to the plan to achieve result.

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