



Slim Eating - Indulgent Baked Treats: Skinny Recipes for Fat Loss and a Flat Belly (Paperback)

By Slim Eating

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Today, we know that our bodies were not designed to eat fast food, sugar and processed junk. These unnatural foods are toxic to us and cause disease, weight gain and cancer. Mother Nature provides us with everything we need to eat in order to live a healthy, long life. This does not mean you should eat a boring diet made up of grilled meat and lettuce every day. The good news is that you can still enjoy your favourite meals, desserts and baked goods while eating slim. You just have to know how to do it. This book provides 30 ideas for mind-blowing recipes that are so delicious that nobody will even notice they are healthy. Go ahead - you can feel great about serving these healthy meals to your loved ones! This cookbook contains 30 slimming recipe ideas.



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ally Reichel**

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- **Prof. Kirk Cruickshank DDS**