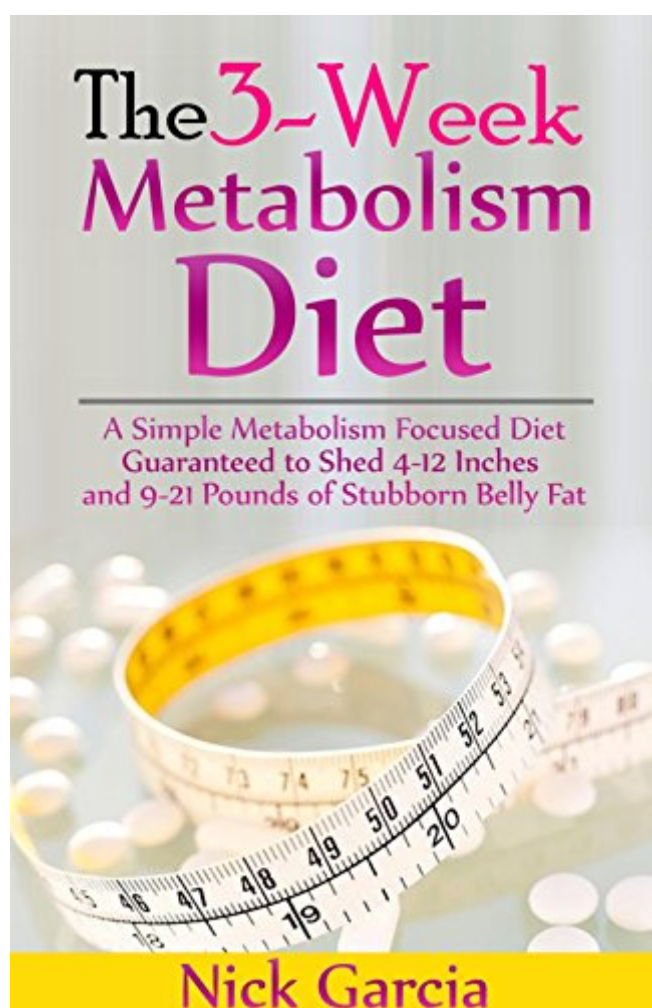


The book was found

The 3-Week Metabolism Diet: A Simple Metabolism Focused Diet Guaranteed To Shed 4-12 Inches And 9-21 Pounds Of Stubborn Belly Fat



Synopsis

The 3-Week Metabolism Diet is a complete, done-for-you fat loss system broken up into 4 guides: The Program Guide provides you with a comprehensive overview of the science behind The 3-Week Metabolism Diet. You'll be completely shocked to learn the difference between fat loss and weight loss and how in order to get rid of STUBBORN body fat, you have to focus on specific metabolic principles. The program guide will set the foundation for the easiest and most effective diet you'll ever experience. You'll learn:- How to optimize the 5 major metabolic factors to increase your body's ability to burn fat.- The 7 Rules of Metabolism Focused Fat Loss- How to Outsmart your stubborn fat cells to DEACTIVATE fat-storing hormones and ACTIVATE fat-burning hormones The 3-Week Metabolism Diet Guide is a 3-Phase Nutrition Plan designed to balance your hormones, stabilize your blood sugar, and turbocharge your metabolism. Phase 1: Reestablish Metabolic Health and Burn Toxins Phase 2: Release Stubborn Fat and Build Lean Muscle Phase 3: Rev Up Your Fat-Burning Body and Balance Your Hormones Each phase of The 3-Week Metabolism Diet builds on one another until you are a fat-burning, weight destroying machine. Phase 1 helps you detoxify your fat loss organs stimulate fat-burning hormones and suppress fat-storing hormones. Phase 2 teaches you how to balance your macro-nutrients and avoid the pitfalls of eating the wrong carbs Phase 3 helps you eat sustainably and enjoyably so you don't have to count calories or obsess over food anymore. In addition to this, you'll discover the exact foods you must eat to maximize your body's fat-burning potential and what foods you absolutely must avoid at all costs because of their unique ability to slow the fat-burning process. The Exercise Guide provides you everything you need to know about how and why to perform "metabolic exercise" for maximum fat loss in ONLY 20 minutes per day, 4 days per week. Inside the guide you'll find:- The top 5 bodyweight exercises you should master before starting ANY exercise program.- 10 written "metabolic" workouts so you know exactly what to do during The 3-Week Metabolism Diet- 10 Personal Trainer guided exercise videos (a \$299 value) coaching and training you to perform the best, safest, and most effective workout EVER. You will see amazing weight loss results even if you decide to skip the exercise portion, but when you combine the power of metabolic exercise and this diet, you'll see 3x the progress! The 3-Week Metabolism Mindset Guide provides you with the tools to set goals, measure your progress, form new transformative habits, and think positively. Over 91% of women who start an exercise, diet, or weight loss program NEVER get past the first 2 weeks. Even the best, most effective program, like The 3-Week Metabolism Diet is completely useless if you don't follow through with consistency and commitment. You'll learn:- The CRAFT method for redirecting any negativity to positive action.- The SMART method for not only setting goals, but

achieving them- The 3-Step method for effectively measuring progress, without using the scale Without a strong, resilient mindset, making it through ANY program will be next to impossible. The 3-Week Metabolism Diet Mindset Guide makes sure you will succeed, not only with this program, but for your entire life.

Book Information

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Cookbook: Flat Belly Diet for Women, Flat Belly Diet for Men, Flat Belly Recipes, Eat ... Belly, Flat

Belly, Flat Belly Diet (Volume 1) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A

SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs

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Body Increasing Your Metabolism (Free Checklist Included) [Metabolism Diet, Metabolism

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