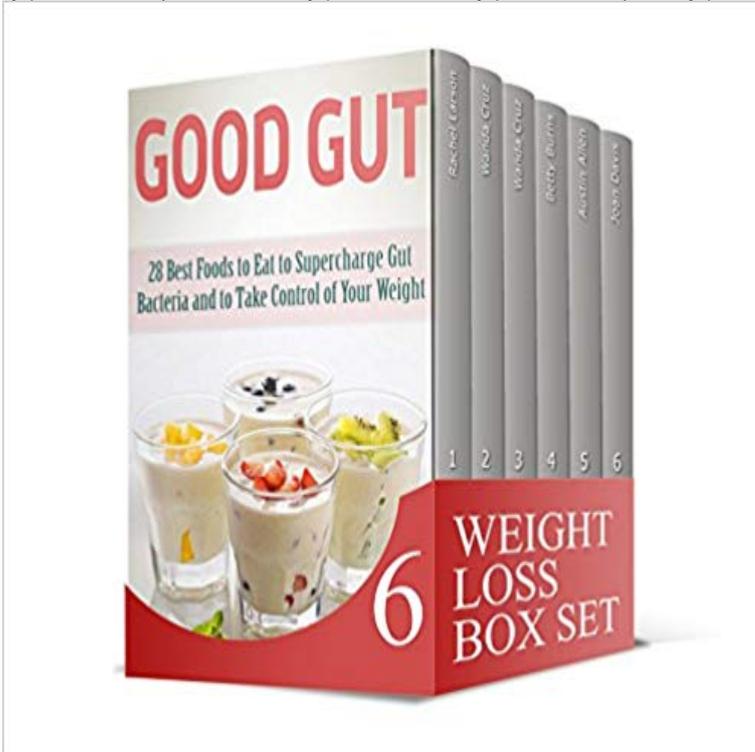


# Weight Loss Box Set: 70+ Vegan and Ketogenic Diet Recipes to Reduce Your Weight, 28 Best Foods to Eat to Supercharge Gut Bacteria (good gut diet, running For Beginners, vegan recipes)



BOOK #1: Good Gut: 28 Best Foods to Eat to Supercharge Gut Bacteria and to Take Control of Your Weight The idea of taking responsibility for ones health is a very important sense of orientation which can be considered a very noble task.

Unfortunately, the world is filled with so much misunderstanding and misinformation regarding what is considered as healthy eating and what is not. More unfortunately, we humans have been trained and used to not being able to listen and identify our own body signs.

BOOK #2: Running For Beginners: 23 Outstanding Lessons on How to Start Running and Reduce Your Weight Do you ever see your friends who enjoy 5Ks, 10Ks and other road races and wish you could join you? Have you wanted to learn how to run but never took it up because every time you tried you ended up feeling discomfort, aches and pains that made you stop? You dont have to stand on the sidelines anymore. No matter your current health and fitness level or your past experiences with running, whether short, middle, long or ultra distance running, the lessons shared in this brief, easy to read and enjoyable guidebook will get you over the hump and out on the road. The joy of running is found in the pleasure of those solitary moments on the course.

BOOK #3: Vegan Recipes: 25 Simple and Easy to Make Vegan Recipes for Beginners Choosing the vegan life with purposeful awareness can be both gratifying and challenging at once. Choosing a vegan lifestyle requires you to make a commitment to live a healthier life while having a positive effect on the world around you. This is not only a simple, healthy diet change; this is an oath you take to earnestly scrutinize every aspect of your life. It is not only animal-free food that is part of our search, but also our choices in cosmetic products, clothing etc.

BOOK #4: Vegan Recipes: 28 Incredibly Easy to

Make Vegan Recipes Every Beginner Should Know Welcome to the fabulous world of vegan cooking! Preparing tasty and nutritious dishes does not have to be a difficult task; in fact, you will be surprised how simple it actually is to cook vegan meals. Heres a tiny taste of what you can find in this book:Pad ThaiVegetable LasagnaCoconut CurryChickpea BurgersMushroom stroganoffPizzaPlus many more fabulous recipes

**BOOK #5: Calisthenics: 12 Effective Exercises to Build Calisthenics Body in 14 Days** Exercise is an essential part of life; particularly in the stressful world we live in, filled with unhealthy temptations like junk food, alcohol, cigarettes and television! If you dont keep active, you will gradually find that simple tasks are difficult to perform, health problems start creeping in, and unpleasant aches and pains become part of your everyday life.

**BOOK #6: Ketogenic Diet: 28 Delicious Ketogenic Diet Recipes to Reduce Your Weight Efficiently** When starting a new diet, it can be stressful trying to work out what to cook for dinner, let alone what to have for breakfast. There are rules to follow, foods you can and cant eat, and how often you should eat. Sometimes this is why people stop following a diet who wants something complicated in their already busy lives? Never fear not only is the Ketogenic diet easy to follow, the recipes you will find in this book are delicious as well as easy to prepare and cook. There are recipes for breakfasts, lunch, dinner and even desserts! And they are all simple to follow, and even simpler to eat! No more worrying about what to eat each day.

**Getting Your FREE Bonus** Download this book, and find **BONUS: Your FREE Gift** chapter right after the introduction or after the conclusion. Download your copy of **Weight Loss Box Set** by scrolling up and clicking **Buy Now With 1-Click** button.

The ketogenic diet helped Joanna Wilcox lose the weight in a way that worked Growing up, I didnt have the best eating habits. When I got into junior high school, I would spend my lunch money on horrible food options from .

decided to do the 5k Wanderlust Detroit race, so it was a great way to train. This keto meal plan will help you choose keto foods, keto snacks, and give you keto recipes for breakfast, lunch, and dinner. Whether its to lose weight, have more energy, or fuel workouts. But figuring out a keto meal plan on your own is no easy feat, especially since eating a diet super high in fat. May 28, 2018. Yet thats not a problem with whats on the keto diet food list. This state results in consistent, fairly quick weight loss until your body reaches a healthy and stable weight. Fats are a critical part of every ketogenic recipe because fat is what provides Best Keto Foods Eat These High-Fat Low-Carb Foods Whenever:. Try these easy keto recipes to lose weight on a ketogenic diet. 32 Easy Keto Recipes Thatll Have You Set All Month Long Nuts are a good ingredient to look for, too, Warren says, since Theres a mix of everything herefrom treat yoself fancy dinners to quick, on-the-go meals or snacks, so youllThe ketogenic diet puts your body into a state of ketosis, which ultimately Keto has a cult following for a good reason: it makes you feel great. .. To lose weight you need to eat less than what you burn. . Good for vegetarians and vegans. .. To help support this change and increase the healthy bacteria in your gut,The far majority of people are simply eating too little protein not too much protein. Set your protein first (min of 70g for most people) then carbs at 20-50g, then add When you eat fat, you are more full, which makes it easy to eat less calories, good bacteria for your gut, think about fiber as the food for all of the existing