



20/20 Cookbooks Presents: 85 Fat-Burning Diet Meal Recipes to Help You Lose Weight Faster and Stay Full Longer

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Enjoy 85 tasty, healthy meals featuring foods that fill you up and burn more fat, calorie-for-calorie, than other ingredients! 20/20 Cookbooks' original collection of fat-burning diet recipes features:

- * Nuts like Almonds, Pistachios, & Walnuts
- * Healthy Proteins like Eggs, Yogurt, Whey & Poultry
- * Fresh Fruits like Apples
- * Leafy Greens & Other Vegetables
- * Whole Grains like Rye and Oat
- * Olive & Coconut Oil
- * Dried Fruits like Raisins
- * Fish like Cod & Other Seafood
- * Legumes like Chickpeas, Beans, Lentils, & Peanuts

All of the recipe ingredients can be found at your local supermarket, and there's no need to buy organic or premium brand foods unless you want to.

At 20/20 Cookbooks, we envision a world where eating healthy doesn't have to be boring, expensive, tasteless or difficult. Our FoodSight is always 20/20 ;-)

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