



8 Hour Diet: 5 Minute Easy Lose Pounds Blender Shaker Recipes You Can Include in Your 8 Hour Diet Today to Maximize Your Diet Results

By Juliana Baldec

Createspace, United States, 2015. Paperback. Book Condition: New. 234 x 156 mm. Language: English . Brand New Book ***** Print on Demand *****. According to the 8 Hour Diet it is possible to reset a dieter's metabolism by introducing fasting or fat-burning periods. During this time, the body will lose weight. Outside of these periods, for eight hours at each stretch (such as between 9am to 5pm or 11am to 7pm) dieters are free to consume as many calories and whatever type of food they desire (dieters will still lose those nasty pounds!) During this fat burning period a dieter's metabolism is revved up enough to burn fat and calories at a high rate. Having a specific 8 Hour Diet blank cookbook journal to begin your diet with, will allow you to personalize your 8 hour diet with your own favorite 8 hour diet recipes that you really enjoy. This blank diet cookbook allows you to note down all your favorite 8 hour diet recipes so that your dieting process becomes even more tasty fun. Going through a personalized journaling and recipe note taking process like this is going to maximize your results. By using a blank recipe journal like...

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