



The 4 Hour Body Cookbook

By Tiffany Smith



The 4 Hour Body Cookbook By Tiffany Smith

Starting off where the 4 Hour Body stops is our 4 Hour Body Cookbook. You can understand the science, philosophy and plan but if you don't know how or what to eat you will not get far. This guide to the 4 Hour Body Cookbook will help you make the next step towards your goals.

Learn how the 80/20 principle applies and how to use it.

Learn the value of carbs and which to avoid. Why it sometimes is beneficial to eat the same things consistently. Which beverages will just kill your chances of success and actually reverse any progress.

Learn how and why the tiniest changes can produce the biggest results. Learn how using a variety of condiments such as lemon or cinnamon before, during or after a meal actually change the way your body processes and uses food.

Get an assortment delicious breakfast ideas and recipes that will work in your favor plus my favorite; Low carb cooking and white chicken chili. These recipes and more will help you create fast nutritious great tasting meals with a plan you can stick to. See results faster when you can plan and use these great meal and recipes. Hungry? Get started now. Click Buy Now.

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