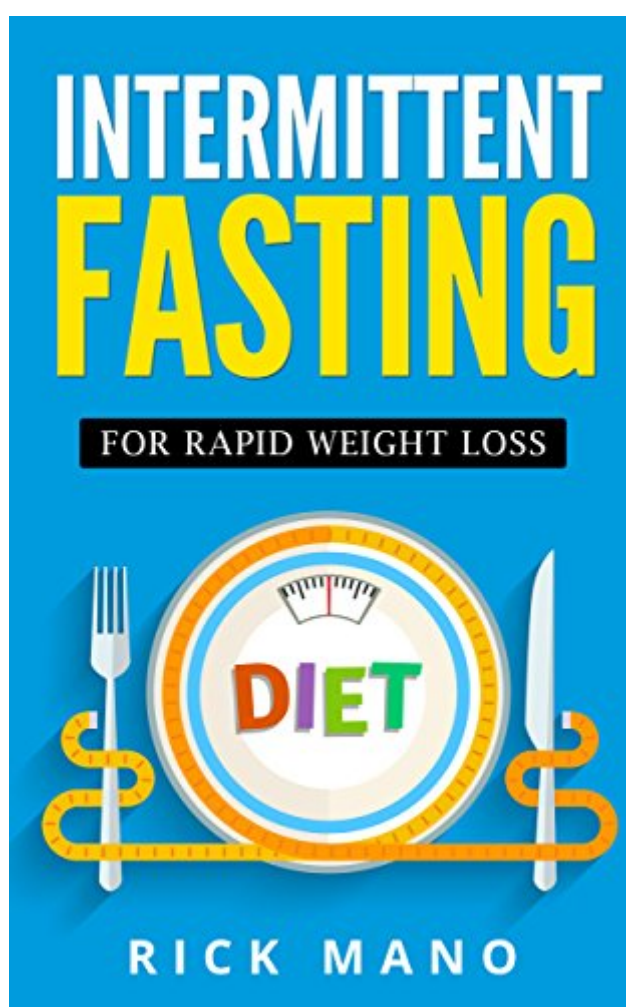


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# **Intermittent Fasting: The Beginners Guide To The Intermittent Fasting Diet® With Over 350+ Approved Recipes For Rapid Weight Loss & Lean Muscle Gain (Accelerated Fat Burn Through Fasting)**





## Synopsis

Rapidly Accelerate Your Weight Loss Journey with Intermittent Fasting! Over 350+ Approved Breakfast, Lunch, Dessert & Snack Recipes & One Full Month Meal Plan included, as well as the 6 BEST and most effective methods in this Book! Introducing the REVOLUTIONARY Intermittent Fasting Plan

Why Intermittent Fast? Time and Time again, scientific studies prove that people who fast regularly lose weight faster than people on regular diets. Why? Because Intermittent Fasting shifts your metabolism into a Hyper-Accelerated Fat Burning State. Your body adapts and automatically starts to become more efficient with food. The Result? A Slimmer, Healthier you within weeks, if not days! This book will use a step-wise approach to take you through Intermittent Fasting and further beyond into the practical application of making healthy and super tasty recipes. You will find a FULL nutritional breakdown at the end of each recipe, so you can keep track of your calories & macro's on your FAST DAYS. This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness. Think of Intermittent Fasting like pushing the "reset"™ button with your overall health, relationship with food and your lifestyle habits.

Take A Look Inside... Fasting Through the Ages

What is Intermittent Fasting? The 6 Best & Most Effective Method

What should I Eat On Fast days

Detoxifying: Preparing the Body to Fast

350+ Approved recipes

Some of the Profound Benefits You will Experience while Intermittent Fasting:

- Accelerated Fat Loss
- Increase Energy Levels & Vitality
- Appetite Control
- Improved Mental Focus
- Stabilised Blood Sugar Levels
- Lower Cholesterol
- Hormonal Balance
- Prevention of Cancer, Alzheimer's & Heart Disease

Here's A Sneak Preview Of The Easy-to-Prepare Recipes you will find in this book:

- Mediterranean Pecorino Romano Breaded Cutlets
- Oriental Garlicky Chicken Thighs
- Pordenone Cauliflower Lasagna
- Roasted Lemony Chicken & Prosciutto with Brussels sprouts
- Roquefort Spinach, Zoodles and Bacon Salad
- Sour Avocado and Chicken Moussaka
- Spicy Italian Sausage and Spinach Casserole
- Squash Spaghetti Lasagna Dish
- Slow Cooker Thai Fish Curry
- Smoky Pork Cassoulet
- Sage and Orange Glazed Duck
- Tartar Cookies
- Strawberry Pudding
- Minty Avocado Lime Sorbet
- Morning Zephyr Cake
- Sour Hazelnuts Biscuits with Arrowroot Tea
- Wild Strawberries Ice Cream
- Mini Lemon Cheesecakes
- Chocolate Layered Coconut Cups
- Pumpkin Pie
- Chocolate Cups
- Fudgy Slow Cooker Cake
- Easy Sticky Chocolate Fudge
- Lemon Cheesecake
- Breakfast Mousse
- Berry Breakfast Shake
- Cacao and Raspberry Pudding
- Coco and Blueberry Smoothie
- Creamy Chocolate Milk
- Blueberry Almond Smoothie
- Fast Protein and Peanut-Butter Pancakes
- Guacamole Bacon and Eggs Breakfast
- Hemp Muffins with Walnuts

Over 350+ Amazing Recipes, One For Every Day of the YEAR! What are you waiting for? Join this REVOLUTIONARY way of life right now and purchase the book for it's lowest price yet!

## Book Information

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## Customer Reviews

This is a really excellent book. I have been intrigued by the idea of fasting for weight control for a while, but had never really understood what it entailed. This book walks you step by step through each aspect of intermittent fasting, explaining the benefits, why it works, and different ways of making it fit into your lifestyle. I particularly like the flexible approach the book takes - you can introduce this approach to eating into your diet to a greater or lesser extent, depending on what your goals are. Having read this book, I have a solid understanding of intermittent fasting and feel very confident when planning my own experiments with this eating choice.

Have you ever read a book about fasting and have too many recipes to choose from? Definitely this book will make you do intermittent fasting but with many recipes to choose from. I am pretty amazed that this book although "intermittent fasting" is the title, you'll find too many recipes that I think at first will give you a hard time to fast. But after reading this book, I learned that the recipes are more on not having sugar or not too much sugar and all about the right food to eat. This is a great book, especially for those who loves fasting. Another kind that will help you have a healthy body and mind

through proper eating.

If you are a beginner in Intermittent fasting, and you need basic information, then this is the book for you. Intermittent fasting is not a diet, it is a form of nutrition. It is a way of scheduling meals, so you get the most out of them. Intermittent fasting does not change what you eat but when you eat. While we eat something permanent body consumes 80% of energy on digestion food and not coming to work off other important functions. Only when the body is not occupied permanently digestion of food, it can work on cell regeneration and detoxification, which is very important for health. This book will give you very useful information, as well as great recipes that consist of the ingredients needed to your body. So you will fasting, and you will be sure that your body gets everything it needs for normal operation. Indeed, the book recommended for all!

From this book, I learnt to eat healthy and maintain my body. I got many insights on fasting and I'm modifying my eating pattern based on intermittent fasting. Specifically, in current scenario, all of us need to detoxify our body and I learnt how/when to detoxify our body. Also, this book has some of interesting and healthy recipes, which will be beneficial to everyone. I prepared breakfast quiche and it was easy to prepare. But I'm giving four stars because some of the recipes( Example:Pancake and Syrup) didn't have directions, it had just list of ingredients. Apart from that, this is one of the must have book for healthy lifestyle.

Awesome book about fasting! It talks about the different forms of fasting that has been around for many years now. I have learned what intermitted fasting is and on how it is done or what is being done during this fasting type. It is described as an eating pattern. A great book indeed! You should also read this book for more information about intermitted fasting. Simple words are being used, meaning, you'll understand it well. Also, great recipes are being listed in this book. You should try it too!

This book said that it has been tried and tested, over time, that those who undergo fasting lose weight faster than those who just do some regular diets. This convinced me even more on the effectiveness of fasting. And what is great about this book is that it has cleared all my confusions about the Intermittent Fasting Diet. I get to understand it more here. And what is also overwhelming is the collection of more than 350 recipes that will help while one is under the process. What could be better than this?

The book is short and very readable and it has inspired me to try it out. Many people have made this a permanent change. This is more than a diet, and you can easily start it after reading the first few pages. The book describes intermittent fasting, and it describes in full detail the beneficial effects it can have on your body. The book is well worth reading if only to inform yourself about some fascinating science that appears to have significant and important health benefits.

This book is perfect for me as i am beginning my diet and decided to have this Intermittent Fasting as my cousin's suggestion. You will learn how to use a step-wise approach to take you through Intermittent Fasting and further beyond into the practical application of making healthy and super tasty recipes. There is more than 350 recipes that can make you lose your weight and at the same time foods that will love by your taste buds.

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