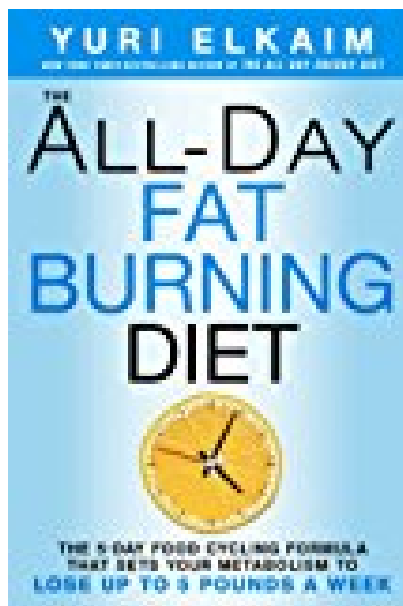


The All-Day Fat-Burning Diet The 5-Day Food-Cycling Formula That Resets Your Metabolism To Lose Up to 5 Pounds a Week



BOOK DETAILS

- Author : Yuri Elkaim
- Pages : 336 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1623366054

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BOOK SYNOPSIS

You are often told that eating less and exercising more are the keys to losing weight; but even with multiple plans and temporary successes, you fail to find lasting results with this old method. Yuri Elkaim's *The All-Day Fat-Burning Diet* provides the solution with his 5-Day Calorie Cycling Formula that sets your metabolism to lose up to 5 pounds a week. This plan eliminates the causes of weight gain and pushes the reset button on your fat-burning capacity. No combination of calorie cutting, exercising, or restrictive dieting will help you look and feel great unless you set your body to burn fat and lose weight all day, all night, when you're not eating or working out--24/7. In *The All-Day Fat-Burning Diet*, Elkaim reveals rarely discussed "fat triggers" along with an easy and innovative way to double weight loss in just 3 weeks. Based on a powerhouse blend of nutritional know-how, fitness experience, and solid science, Elkaim's four-pronged approach features (1) strategically cycling calories and carbohydrates; (2) eating "clean and lean" foods that reduce "fat triggers" in the body; (3) exercising more intelligently; and (4) improving the body's ability to repair and avoid burnout. This proven program will reset your body to your desired factory settings and supercharge your metabolism to burn fat on autopilot--no matter age, fitness level, or health status.

THE ALL-DAY FAT-BURNING DIET THE 5-DAY FOOD-CYCLING FORMULA THAT RESETS YOUR METABOLISM TO LOSE UP TO 5 POUNDS A WEEK -

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