



Negative Calorie Diet Cookbook: 50 Top Rated Negative Calorie Meals-Natural Fat Burning Advantage To Help In Natural Weight Loss

By Amelia Sanders

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50 Top Rated Negative Calorie Meals-Natural Fat Burning Advantage To Help In Natural Weight Loss

We all want to have our cake and eat it, too...oh, and we want the cake to have zero calories! While calorie-free cake remains a food fantasy, there really are foods that cost us almost nothing to eat, calorie-wise. Negative calorie foods take more energy to chew and digest than they actually contain, so you'll never have to worry about eating these foods in large quantities or gaining weight from them. They also contain ample amounts of vitamins, fiber and antioxidants. Next time you're in the mood for a snack, reach for one of these foods instead of that bag of chips, which we all know does more harm than good. This book was written for anyone who is determined to lose weight effectively and in a healthy way. While it does require more than the average amount of discipline to choose healthy foods (as with other types of healthy weight loss diets), you can expect to see outstanding results within weeks, even sooner if you combine it with regular exercise.

Here Is A Preview Of What You'll Learn...

*Spinach, Celery, Tomato and Mint Egg Scramble *Gingery Carrot and Apple Cinnamon Hash *Zucchini, Tomato, Mushroom and Basil Scramble *Watercress and Shiitake Mushroom Soup *Cream of Broccoli and Cauliflower Veggie Soup *Greens and Reds Salad with Cilantro Dressing *Asparagus and Roasted Beets with Fruity Vinaigrette *Portobello and Brown Rice Burgers *Korean-style Mushroom and Veggie Lettuce Wraps *Parsnip and Beet Energy Bars *Spicy Chicken Stuffed Jalapenos *Much, much more! **Buy your copy today!**

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Edna Barnett:

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Dawn Brown:

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