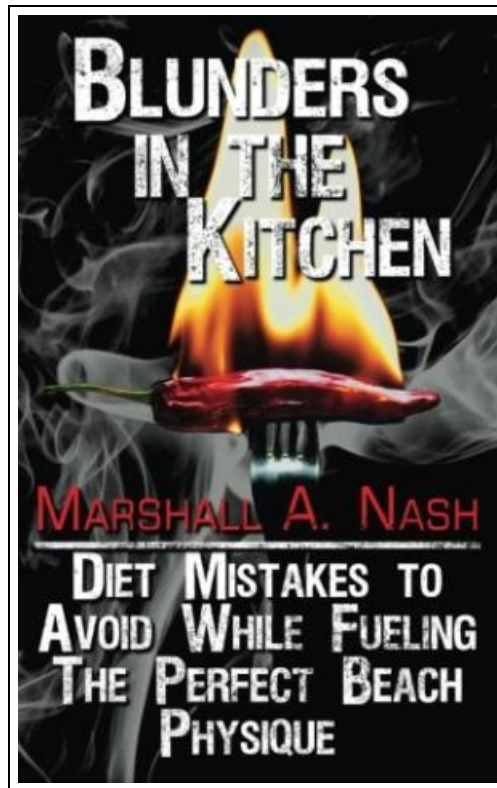


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Learn The Diet Pitfalls You Must Avoid And The Best Nutritionally Balanced Ways Of Eating Right For Your Optimal Health, And To Attain A Ripped Beach Physique! If you want a non-fad diet plan you can do for the rest of your life without feeling starved and deprived, all while looking and feeling your best, I can show you how! In *Blunders in the Kitchen* learn about: Diet blunders to avoid and nutrition habits and rules to follow for long lasting dieting success! *Blunders in The Kitchen* is the go-to nutritional guide for those seeking the right path to maximum health and a perfect beach physique. This book contains successful diet habits and rules to follow, and will teach you the mistakes you must avoid in order to reach your nutritional goals. It will give you the knowledge and advice you need to master the right ways of doing things so you can have long-lasting success. The author himself has been a victim of each and every blunder made known in this book. The author has been able to lay out the correct path for you through intense personal research, formal education as a fitness trainer and nutritional coach, and years of experience and learning by failures and successes. In this book, he has exposed the mistakes he, and many others have made that hinder reaching one's goals in the kitchen. This quick, decisive, and eye-opening book contains all the information you will ever need to be a master over food. *Blunders in The Kitchen* is a no-nonsense, no fluff guide that will put you on the road to victory with your diet in record time. Now, you too can achieve...



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