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

By Yuri Elkaim

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 183 x 135 mm. Language: English . Brand New. Dieters are often told that eating less and exercising more are the keys to losing weight; but even with multiple plans and temporary successes, they 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 listeners' metabolisms 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 someone look and feel great unless they set their bodies to burn fat and lose weight all day, all night, when they'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...



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