



**Intermittent Fasting and Clean Food Diet Box Set:
Learn How to Do Intermittent Fasting and
Dedicate Yourself to the Clean Eating Lifestyle to
Stay Healthy, ... Intermittent fasting for weight
loss,)**

Jayden White, Donna Lee

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BOOK #1: Intermittent Fasting: The Ultimate Beginner's Guide to Intermittent Fasting. Learn How to Do Intermittent Fasting and Live Healthy

With so many fad diets around it's often hard to decide what works and what doesn't. Science has shown however that losing weight all comes down to simply reducing calorie intake; but what if you reduced your calorie intake by 30-40%? Skipping meals can make that calorie difference much easier to measure out since most people find counting calories tedious and difficult to stick to. It's far less stressful to simply skip a meal than stress over whether your meals have exactly the right number of calories. Fasting has been used as a weight loss method since the 1930's and has been shown to be highly effective at losing weight. Significantly decreasing your calorie intake by skipping meals might seem overly simple, the intermittent fasting method of weight loss involves dedication to your eating schedule and a conscious decision to stick to it. Once you start fasting you'll begin to notice the health benefits of this weight loss method. Those who weigh less are often at far lower risk for many diseases like diabetes and heart failure. Weight loss in itself is a great goal to begin with and here you will learn a stress free path to that.

In this book we cover things like:

- What does a healthy diet consist of?
- What is fasting?
- Why is it beneficial to the body?
- Methods of intermittent fasting

BOOK #2: Clean Food Diet: Dedicate yourself to the Clean Eating Lifestyle to Stay Healthy, Gain More Energy and Lose Weight

Are you fed up with counting calories? Or having to ban certain foods from your diet? If so then this revolutionary way of eating could be just what you are looking for. Clean eating requires no special equipment or ingredients it is simply a healthy eating plan that centers on whole foods and fresh fruits and vegetables. This book will provide you with an insight into eating clean and should help you to understand why people decide to follow a clean eating lifestyle and also help you to get started on your own clean eating plan.

This really is the only book you need to see your making improvements in your diet along with weight loss, an increase in energy and skin that positively glows. Good luck and enjoy!

The topics that are covered in this book are as follows:

- Understanding Clean Eating
- How to eat clean
- Health benefits of clean eating
- Enhance your meals with eating clean
- Eat clean plan
- Eat clean review

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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