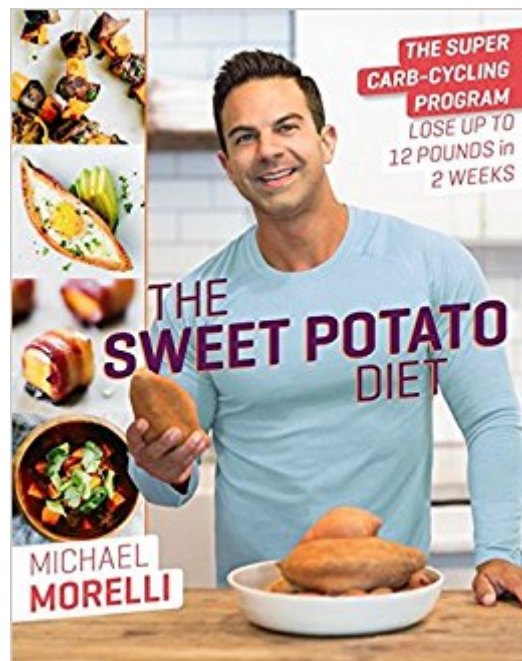




The book was found

The Sweet Potato Diet: The Super Carb-Cycling Program To Lose Up To 12 Pounds In 2 Weeks



Synopsis

Unlock Nature's Way of Getting and Staying Lean for Life When you hear the words "carb-cycling" you may think: That's for the serious athletes and bodybuilders, there's no way I could ever do that - it's just too complicated. Guess again. In *The Sweet Potato Diet*, popular fitness guru Michael Morelli removes all of the guesswork and takes away the fear from traditional carb-cycling by simplifying it down into a step-by-step eating schedule where you'll never have to weigh your food, and there's absolutely no calorie counting ever. Carb-cycling the Sweet Potato Diet way is a super simple program that will begin to work instantly. Not only will it have an incredible impact on your fat loss, but you will notice increases in energy, better health markers across the board, and a body you can be confident in again no matter how old or young you are. Don't worry, you don't need to be a gourmet chef to do well on this diet, which includes 45 step-by-step, easy-to-follow recipes that will leave your taste buds happy and your stomach satisfied. The Sweet Potato Diet arranges recipes in convenient sections by course, even some sweet treats and decadent desserts which you can enjoy guilt-free on your new diet. It really works by supercharging your metabolism, promoting lean muscle gains, and optimizing fat burning by working with your body. In this book you will see... Methods for carb-cycling, essential nutrition, and an accessible two-phase approach for optimal results Strategies to track your results and adopt the lifestyle of permanent fat loss Meal plans, approved foods, and a grocery guide Easy exercises to structure workouts around your super carb-cycle

Book Information

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Customer Reviews

Michael Morelli, founder of MorelliFit, is a certified personal trainer working with hundreds of individuals on a one-to-one basis; he knows what's possible for normal people. In addition to client work, he has helped over 300,000 people around the world transform their lives with his online diet and training programs. Morelli also hosts live workout events as well as fitness challenges like the 100K Challenge, where clients get the chance to change their health and win big for doing so. Morelli's impact has landed him in Shape, as a speaker at the very first Periscope Summit, and as a digital media influencer on the "WE ARE FITNESS" panel.

This book has brought me to realize how sweet potatoes are such an amazing carb with lots of benefits. It's a good read and also great recipes.

I waited until I had read through and tried some recipes before I posted my review... 5 stars all the way!! This is super informative, easy to follow and above all, the recipes are amazing!

Life changing!! Get the book! In fact, get 4 and give them to your friends and family. They will love you for it. Stop thinking about it and take action. You will NOT regret it.

I've read literally every, single diet book out there. The Sweet Potato Diet is rock solid and right on. I would recommend it to anyone looking to change their weight, their health and finally get it under control. Thanks Michael!

I am kind of disappointed in this book--it is really not what I hoped it would be, but does have some good tips and recipes.

I lost 10 pounds the first week. I was not hungry.

Maybe this program works for some, but I can't eat that much. There wasn't a lot of advanced learning from this book either. Michael seems like a great person but I personally didn't learn a lot from the book. Most of the info I'd already learned from free podcasts and there wasn't a lot of depth.

My son loves the recipes

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Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie (2013) Paperback Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet)

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