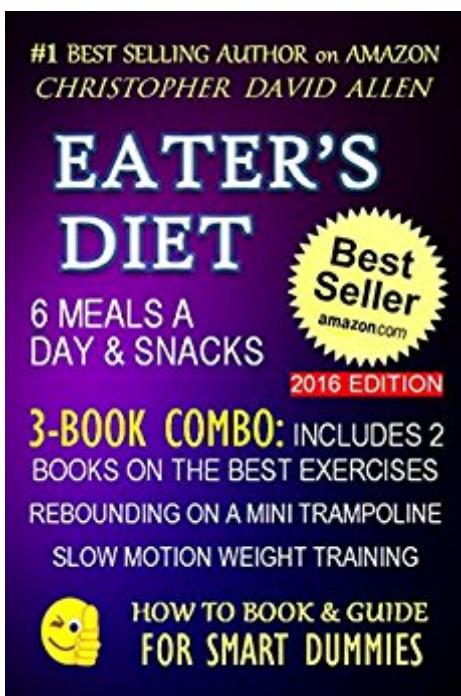


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# **EATERâ€™S DIET - 6 MEALS A DAY & SNACKS - 3-BOOK COMBO**

## **INCLUDES 2 BOOKS ON THE BEST EXERCISES - REBOUNDING ON A MINI TRAMPOLINE - SLOW MOTION WEIGHT TRAINING (HOW TO BOOK & GUIDE FOR SMART DUMMIES 15)**



## Synopsis

PROVEN WAY TO GET A HOT BODY ... BOXED SET FOR THOSE WHO LOVE TO EAT | READ ON\$12.89 to buy the three books separately By International Best Selling & #1 Best Selling AuthorCHRISTOPHER DAVID ALLENâ™s Diet is optimized to achieve fat loss and muscle gain with eating pleasure. Eaterâ™s Diet delivers fat loss and muscle gain with superior results from the two best forms of exercise: Eat more often Healthy snacks Cheat meals to satisfy guilty pleasures and reset the Leptin fat burning hormone for maximum fat loss Lose fat fast while gaining muscle that burns even more fat 24/7/365 Use one or both of the most effective forms of exercise Build bone density (especially important for women) You must exercise to achieve best results: All diet plans recommend exercise. However, those other diet plans never tell you about the two most effective forms of exercise that burn more calories while adding muscle to burn even more calories 24/7/365. The most effective forms of exercise are âœRebounding On A Mini-Trampolineâ• and âœSlow Motion Weight Trainingâ•. Forget boring cardio that doesn't burn many calories and stops burning calories as soon as you stop exercising. Spend less time doing optimal forms of exercise for faster results. TWO #1 BEST SELLING EXERCISE BOOKS INCLUDED: REBOUNDING ON A MINI TRAMPOLINE - Best Exercise For Women, Men, And Children Of All Ages SLOW MOTION WEIGHT TRAINING - For Muscled Men & Curvier Women - Faster Muscle Gain At Home Or Gym. Scroll up and click the âœBuyâ• button to begin your journey to Optimum Health & Fitness. Tags: high protein, high protein diet, high protein low carb diet, high protein cook book, low carb, low carb diet, low carb cook book, low carb high fat diet, low carb diet for beginners, diet, dieting, diet books, ketogenic diet, dash diet, paleo diet, atkins diet, mediterranean diet, jenny craig, biggest loser, diet and nutrition, diet and exercise, diet and health, diet and fitness, diet and weight loss, diet and health books, diet and fitness books, diet books best sellers, diet best sellers, diet books for weight loss, diet cure, diet ebooks, diet exercise, diet guide, diet hacks, diet help, diet inspiration, diet kindle books, diet motivation, diet nutrition, diet on a budget, diet plan, diet plan for men, diet plan for women, diet plans for quick weight loss, diet programs, diet recipes, diet success, diet tips, diet to lose weight, diet weight loss, dieting for weight loss, dieting for dummies, dieting and exercise, dieting and weight loss, dieting books, dieting help, dieting on a budget, dieting program, dieting plans, dieting tips, health and fitness, health, health in kindle store, healthy eating, healthy living, healthy food, health books, health foods, health fitness and dieting, health food books, health eating, health ebooks, weight loss books, weight control, weight loss, weight mastery, weight reduction, lose weight, how to lose weight, lose weight fast, lose pounds, lose fat, lose fat build muscle, lose fat fast, burn fat, burn fat fast, burn fat build muscle, burn fat feed muscle, clean eating,

slow burn, the power of ten, slow motion weight training, slow motion exercise, workout, workout books, workout routine, workout plans, strength training, weight training, strength training for dummies, build muscle, physical education, exercise and fitness, muscle building, muscle strength, muscle and fitness

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## **Customer Reviews**

After all these years of failed diets, I've finally found weight loss success. This diet makes sense and the science is there to get you excited. Most import is getting the right exercise and the diet industry does not tell you about Slow Motion Weight Training and Rebounding. a real bargain to get such smart advice and finally do a diet and exercise program that actually works. I'm consistently loosing 2 to 3 pounds a week and I'm getting stronger too ... Much Stronger! These books are worth so much and cost so little and are recommended to anyone who wants to finally get off the fad diets and fad exercises to achieve success. Lose weight and get stronger with Christopher David Allen is

probably going to keep me from an early grave. The very best money I've ever spent and a bargain at a very low price too. If you're serious about losing weight and getting back in shape then spend the \$5 and just do it.

If you love to eat ... This diet and exercise combo is for you. If you want to learn about the two best exercises to increase your weight loss ... The exercise books included in this combo are for you.

## WELL DONE DIAT BOOK FOR THE MASSES DOCTOR RECOMMENDED AND 5 STARS

This 3-book combo also gives you the skinny on the two best forms of exercise and it all makes perfect sense. Buy this bargain combo!

Christopher David Allen lays out a weight loss plan that really makes sense in his book *Eater's Diet*. There aren't any starvation tactics or serious cut backs here, it's simple - eat six meals a day with snacks to achieve the desired result. Allen states that dieters can succeed with this method by upping the protein and cutting back on carbs and bad fats - not completely eliminating them from the picture. It's realistic. This is a meal plan that anyone can adapt to and succeed with. He also states that exercise is a key component to weight loss and provides a wonderful option for readers with a copy of his rebounding on a trampoline and slow motion weight training guides. Allen gives readers everything they need, and more, to score the body and health of their dreams. The best part is he does it with simple to follow steps, easy to read narratives and realistic goal setting platforms. This is the perfect plan to follow to achieve real goals with little frustration along the way.

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