



# The Gabriel Method Recipe Book

*Jon Gabriel*

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## **The Gabriel Method Recipe Book** Jon Gabriel

Join the movement for permanent, sustainable, weight loss...

What started out as a best selling book, *The Gabriel Method* has now become an international movement for health, well-being and diet-free sustainable weight loss. And now, Jon Gabriel has put together his most cherished recipes in this amazing cookbook. This recipe book contains quick and easy Gabrielicious recipes the entire family will enjoy. These recipes will give you high energy during the day and help you burn fat while you sleep. You'll be amazed at how rich and flavorful eating The Gabriel Method way can be.

### **Here's What You'll Find:**

Fast and simple breakfasts

Protein-rich snacks

Omega-3 everything

Wheat-free pancakes & brownies

Savory dinners

Hearty soups & snacks

### **About the Recipe Book**

272 pages of super delicious, super nutritious recipes

Photos of every single recipe

Simple-to-make everything (no chef skills required)

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