



Carb Cycling for Men & Women: The Complete Newbie Guide for Effective Fat Loss - Including Recipes & A 21 Day Meal Plan

Doug Fredricks

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Fat Loss Has Never Been Easier...

BONUS BOOK & MATERIAL AVAILABLE INSIDE

Interested in not just weight loss, but fat loss specifically?, Have you struggled in the past with failed fat loss programs? Think you have to do workout a ton to lose fat?

No worries, "Carb Cycling for Men & Women" is your guide. In the book we teach what carb cycling is and why it is such an effective program. We then go straight into action. How can you apply it..What you should expect..We provide you with delicious recipes (trust me carb cycling doesn't have to be meager) We even provide you with a 21 day meal plan; so you won't have to waste long hours planning, and trying to figure it out on your own.

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