



## Weight Loss Cookbook Plus Meal Prep: Fat Loss, Meal Prep, Low Calorie, Dieting (Paperback)

By Professor and Director Idce William Fisher

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Weight loss is a simple equation of calories in versus calories out. Calories in vs Calories out means if the calories you take in is less than the calories your body expends than you will lose weight. If done right weight loss can happen without any exercise. The recipes in this book are designed to teach you how to cook more calorie friendly foods; So you are more properly equipped to fight the battle of losing weight. Now! Gear up and get ready to chow down on some delicious food because this book is compact with recipes.



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