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## Primal Blueprint 21-Day Total Body Transformation: A Step-by-Step, Gene Reprogramming Action Plan

By Mark Sisson

Primal Nutrition, Inc. Paperback. Book Condition: new. BRAND NEW, Primal Blueprint 21-Day Total Body Transformation: A Step-by-Step, Gene Reprogramming Action Plan, Mark Sisson, This is a 21-day step-by-step guide to transforming your body forever, using the proven principles of the best-selling book "The Primal Blueprint". After a quick review of the 10 "Key Concepts" that you'll need to understand in order to achieve your genetic ideal weight, energy levels and physical tone, you'll get right into the action items: which workouts provide the best results with the least effort - and exactly when to do them; which foods stimulate your body to burn off your fat instead of store it - and where to find them in restaurants, grocery stores, farmers markets or in your home; when and how much to eat so that you lose your cravings for sweets and never really go hungry again; and, how to bolster your immune system with foods you love, so you not only get sick less often, but you reduce your long term risk for disease. Expect to lose 10 pounds and 12 inches in these first 21 days, and discover how the progress to exceptional health and leanness continues for life.



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### Reviews

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