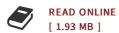




Real Food Diet: Easy Healthy Eating (Paperback)

By Cathy Wilson

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand ******. Real Food Diet: Easy Healthy Eating by Best Selling Nutrition author Cathy Wilson introduces the diet scientists say is the number one diet hands down. FACT - Every fast healthy weight loss diet on the market has advantages and disadvantages. Factors Influencing YOUR Healthy Eating Plan. -Personal health factors -Preferences and tolerances - Learned beliefs -Family circumstance -Environment -Life goals -Basic knowledge of health and wellness One size doesn t fit everyone. Except if we cut back on all the crap and trim down to the wholesome and natural, unprocessed, straight from Mother Earth, Real Food Diet! REAL FOOD EATING IS. *Filling your body full of lean muscle building PROTEIN FOOD *Fueling energy stores long-term with COMPLEX CARBOHYDRATES. *Ensuring you get enough of the macronutrient healthy UNSATURATED FAT. *Eating a diverse range of unprocessed whole food diet foods, to ensure ample VITAMINS and MINERALS for optimal system function. *Water for adequate hydration. Science says your body needs. *Macronutrients *Micronutrients *Omega Fatty Acids *Water All to build lean muscle, strengthen your immune system, and lost fat long-term! Cathy Wilson shows you how to have it...



Reviews

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