



Foods to Avoid: 44 Foods to Avoid to Lose Weight and Increase Your Energy (Foods that Heal, Foods that Burn Fat, Clean Eating, What Not to Eat)

Frank Richards

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You should think twice about the food you eat every day...

This book contains the list of foods to avoid in order to lose weight and increase your energy. It's a guide that helps you recognize which foods are not your friends and why. It's a glossary, an encyclopedia and your personal assistant during grocery shopping and cooking. There are no magic spells for weight loss in this book, but factual guidelines of what foods to avoid in order to control you calorie intake and live a healthier life.

What's Inside?

- Basic Foods to Avoid
- Foods to Only Eat Occassionally
- The Sneaky Ones
- The Fluid & Flaky Ones
- The Hi & Bye Ones
- The In-Your-Face Ones
- Bonus Tips & Guidelines

Make your weight loss goals happen NOW by getting this book for the limited time offer of only \$0.99!

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