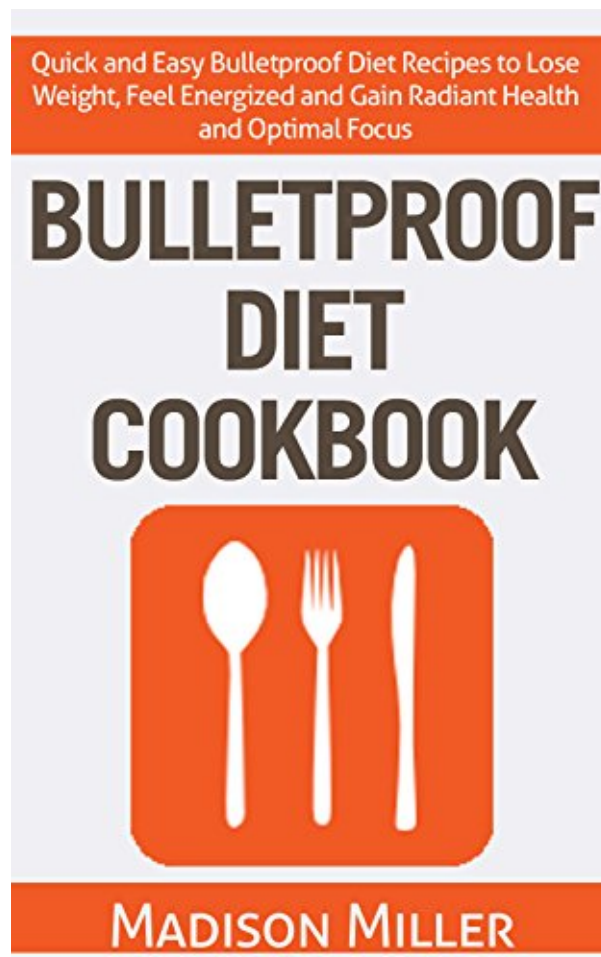


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MADISON MILLER

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Review

Happy dieting with these yummy recipes.

By Nilah M

I love how this book gives a brief introduction before every section. The introduction to the book itself is chockfull of details about what is important in our diets and the major sources of those nutrients. Since I am required to eat a low protein diet occasionally, this book has some exquisitely delicious recipes like Fennel and Avocado Salad, and Dill Rice. I was also thrilled by the condiments section, which had a unique recipe of a cheesecake. It was a hit in my super bowl party. I like the focus of the diet on MCT or Medium Chain Triglycerides Oil, which is easy to digest, and guilt free!

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Are you a Bulletproof dieter yet? This amazing diet is taking America by storm. Feel energized, lose weight, gain mental focus and clarity with this innovative way of nourishing your body and soul.

All you need to do is eat the Bulletproof way. Beside a butter coffee for breakfast, you get to eat two other meals which can sometime be a daunting task to put together. This cookbook has been designed to follow the diet's guidelines. The recipes have been developed to make optimal food choices, taking the guessing out of the way, and letting you enjoy delicious bulletproof meals right away.

Inside find:

A brief description of the Bulletproof diet.

Quick and easy, delicious and nutritious recipes which includes:

- Creative egg dishes,
- Empowering beef meals,
- Delicious lamb recipes,
- Low protein day meals and sides,
- Everyday condiments the Bulletproof way.

Now, scroll back up and grab your copy today!

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- Published on: 2015-02-17
- Released on: 2015-02-17
- Format: Kindle eBook

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Most helpful customer reviews

6 of 6 people found the following review helpful.

Bulletproof Diet Recipes Love!

By Beau Livingston

My curiosity was actually initially roused by this bulletproof coffee which at first sounded weird to me but at the back of my mind, I wanted to try it because I also love butter. Well I haven't really gone into trying the coffee yet (but will very soon do), but my love for cooking made me buy this book, and the rave about the Salmon in Raspberry Butter. Gosh it was heavenly! It has everything I love--salmon, raspberry, and butter. And the egg recipes! I just love eggs! I can love this book for the recipes alone, and it was really a bonus to know that these are healthy, bulletproof diet appropriate ones. I love it!

7 of 8 people found the following review helpful.

Bullet Proof Your Health with these Recipes!

By LyndaG

I've been hearing about the Bulletproof Diet from biohacker Dave Asprey, which is supposed to have you feeling like a lean, mean, high-energy machine. So I was curious to see what was actually in the diet. This book doesn't disappoint. It begins with an overview of the diet, stressing the importance of organic food, which I heartily endorse. The recipes are easy to follow and appetizing, with healthy foods such as avocados, grass-feed beef, basil, and lots of vegetables. If you want to bullet-proof your health, try these recipes.

3 of 3 people found the following review helpful.

This Book is Worth 10 Stars!

By Sherry Everett

This book is worth 10 stars. It has so much valuable information in the front of the book. And all the recipes sound great. I've already tried Salmon in Raspberry Butter - Dynamic!, Thai Coconut Beef - Yummy!, and Lamb Chops in Avocado Butter - Devine! I am also impressed that the book is well-written. This book is a must have!

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