



# **Bulletproof Diet Cookbook 3 books in 1 Book Set:**

## **Bulletproof Diet Cookbook: Vol. 1; Bulletproof Diet Cookbook Vol. 2, and Bulletproof Diet Smoothie**

*Madison Miller*

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**The Bulletproof Diet Cookbook 3 in 1 book set includes the best recipes for all meals of the day and even smoothies. A great value for 50% off the regular price!**

**Welcome to the Bulletproof Revolution! Feel energized, gain mental focus, lose weight, reduce body inflammation, get your mind and body in the best shapes of your life for optimal peak performance and more when you follow the Bulletproof diet!**

## **BULLETPROOF DIET COOKBOOK - VOLUME 1**

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.

## **BULLETPROOF DIET COOKBOOK - VOLUME 2**

Inside you will find some more Bulletproof Diet recipes that are not only quick and easy to prepare but also make you feel bulletproof.

Inside find:

- A brief description of the Bulletproof diet and fabulous Bulletproof recipes.

Quick and easy, wholesome recipes for lunch or dinner which includes:

Creative egg and poultry dishes,

Empowering beef meals like the BP Beef Chili

Delicious lamb recipes like Sweet Spiced Lamb Shanks

Surprising goat diners such as Goat Curry

Easy and delicious sides like the Avocado-Cuddled Tomatoes or the Zucchini Ratatouille.

## **BULLETPROOF DIET SMOOTHIE - VOLUME**

Learn to prepare bulletproof smoothies! Feel energized, lose weight and gain mental focus and clarity in no time.

The Bulletproof Smoothie cookbook has harnessed the concepts of the diet by creating smoothies that follow the Bulletproof diet breakdown. The vast array of smoothie recipes can tackle anything from breakfast, lunch, and dinner, as well as your dessert cravings.

The truly fantastic thing about all of these smoothies is that they are quick to make and provide you with a fantastic balance of Bulletproof ingredients for a meal. Adding smoothies to your diet is a fantastic way you can become more efficient with your time while ensuring you are well on your way to becoming an optimized Bulletproof version of yourself.

Inside find Bulletproof Diet Smoothie cookbook find:

- Energizing coffee and tea smoothies recipes;
- Super healthy vegetable smoothie recipes;
- Luscious fruit smoothies
- Satisfying nutty smoothie recipes

The coffee and tea section gives you tasty options for breakfast like a Vanilla Bean Latte packed with fat and protein or a Matcha Latte that gives you the boost of a green tea combined with fats that will feed your brain for ultimate success.

The Vegetable Smoothie selection includes awesomeness like Kale-Berry, Carrot Ginger, and a Brussels Sprout smoothie that will all knock the fat off and the IQ on.

The Fruit Smoothies are out of this world. We have included just enough fruit to ensure you get the flavor and nutrients but not so much so that you are dining on candy. You can use fresh or frozen fruits but always stay away from canned version.

The smoothie selection includes the Bulletproof in Hawaii smoothie (which will make you want to Hula to work) and a lovely Raspberry Chocolate combo that is a whole lot of dessert in one nutrient-rich cup.

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### **From reader reviews:**

#### **Jaime Howell:**

People live in this new day of lifestyle always attempt to and must have the extra time or they will get great deal of stress from both everyday life and work. So , whenever we ask do people have time, we will say absolutely indeed. People is human not really a huge robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to an individual of course your answer will probably unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative in spending your spare time, often the book you have read is usually Bulletproof Diet Cookbook 3 books in 1 Book Set: Bulletproof Diet Cookbook: Vol. 1; Bulletproof Diet Cookbook Vol. 2, and Bulletproof Diet Smoothie.

#### **John Jones:**

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#### **Harry Dwyer:**

Don't be worry in case you are afraid that this book will probably filled the space in your house, you could have it in e-book technique, more simple and reachable. That Bulletproof Diet Cookbook 3 books in 1 Book Set: Bulletproof Diet Cookbook: Vol. 1; Bulletproof Diet Cookbook Vol. 2, and Bulletproof Diet Smoothie can give you a lot of friends because by you investigating this one book you have factor that they don't and make a person more like an interesting person. This book can be one of a step for you to get success. This reserve offer you information that might be your friend doesn't realize, by knowing more than different make you to be great individuals. So , why hesitate? Let me have Bulletproof Diet Cookbook 3 books in 1 Book Set: Bulletproof Diet Cookbook: Vol. 1; Bulletproof Diet Cookbook Vol. 2, and Bulletproof Diet Smoothie.

#### **Brandy Felts:**

What is your hobby? Have you heard that question when you got college students? We believe that that question was given by teacher on their students. Many kinds of hobby, All people has different hobby. So you know that little person like reading or as reading through become their hobby. You should know that

reading is very important in addition to book as to be the factor. Book is important thing to provide you knowledge, except your current teacher or lecturer. You will find good news or update concerning something by book. Different categories of books that can you choose to adopt be your object. One of them is actually Bulletproof Diet Cookbook 3 books in 1 Book Set: Bulletproof Diet Cookbook: Vol. 1; Bulletproof Diet Cookbook Vol. 2, and Bulletproof Diet Smoothie.

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