

POP-RAN

THE ULTIMATE

GUIDE TO WEIGHT LOSS



Weight Loss Ebook

Lingjun Ying



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Extreme Transformation Chris Powell (Celebrity trainer), Heidi Powell, 2015 The stars of ABC s Extreme Weight Loss present a step by step three week plan for lasting weight loss and overall improved health through diet and exercise with a focus on developing the mental change necessary to keep the weight off

30-Day Quick Diet for Men - Metric Edition Gail Johnson, Ron Hill, Jr, 2013-11-21 This eBook contains two 30 day diet plans an 1800 kcal diet and for even faster weight loss a 1500 kcal diet You ll be surprised not only by what you can eat but also by how much you can eat Enjoy pasta pancakes swordfish hamburger and more The 30 Day Quick Diet is perfect if you want to lose 7 to 10 kilos The eBook has 30 daily menus each with a fat melting recipe The authors have done all the planning and calorie counting and made sure the meals are nutritionally sound The 30 Day Quick Diet contains no gimmicks and makes no outrageous claims This is an easy to follow sensible diet you can trust Metric units Most men lose 7 to 8 kilos Smaller men older men and less active men might lose a tad less and larger men younger men and more active men often lose much more

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EBOOK Clinical Sports Nutrition 5e Louise Burke, Vicki Deakin, 2015-09-18 Clinical Sports Nutrition 5e is a cornerstone of the Sports Medicine series offered by McGraw Hill This complete practical and clinical reference provides the latest sports nutrition information drawing on scientific research from around the globe All chapters have been substantially revised and updated with contributions from leading academics physicians and sports dietitians in Australia Canada the United States and the United Kingdom In addition there are seven new commentaries A molecular view of exercise Female athlete triad and energy availability Measuring energy availability Treating low energy availability Vegetarian eating Antioxidant supplementation and exercise Fluid guidelines This respected reference work is an invaluable asset for students and instructors in the discipline of sports nutrition and is also essential reading for elite athletes sports professionals and trainers who need to keep their knowledge current

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