



# **Bulletproof Diet Recipes: Lose Weight Every Day, Gain more Energy and Improve your Life**

*Stephanie Samson*

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Recommended for the new Bulletproof Diet

The recipes in this book are Bulletproof if you're looking to lose weight every day, gain more energy and improve your life in general.

If you stick to these recipes for even just a week, you'll feel incredible!

Stephanie Samson has designed these recipes to make you eat approximately 50-60% of your calories from healthy fats, 20% from natural protein, and 20% from organic vegetables. And the best part is that there is no calorie-counting or measuring. In fact, you can gain muscle with very little or no exercise when incorporating this diet into your lifestyle.

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