

## **CRACK THE FAT LOSS CODE OUTSMART YOUR METABOLISM AND CONQUER THE DIET PLATEAU BY WENDY CHANT%0A**

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I think that the readers of "Crack the Fat-Loss Code" will benefit from Your Body Maintenance Handbook - a great self-help guide to long and healthy living with a great emphasis on proper nutrition and long term lifestyle change.

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I also realize that this is a FAT LOSS diet, not necessarily weight-loss. This may be a great diet for body-builders or people who need to do some body recomposition. This may be a great diet for body-builders or people who need to do some body recomposition.

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**Crack the Fat Loss Code Outsmart Your Metabolism and**

Crack the Fat Loss Code teaches you how to boost your metabolism through "macro-patterning"--a simple routine of alternating carb-up, carb-down, and baseline days. There are even built-in cheat days, so you can enjoy the foods you love. Once you get your eating habits on schedule, you'll find that you can lose weight . . . for good.

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**Crack the fat loss code outsmart your metabolism and**

Now a revolutionary lifestyle plan finally cracks the code for efficient fat loss. Developed by leading nutrition specialist Wendy Chant, the plan is scientifically designed to help you "outsmart" your body's natural cycles for storing and burning calories.

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**This diet will work but it won't be much fun The Star**

Crack the Fat-Loss Code says it's possible to reprogram your body to burn fat by outfoxing your metabolism. All you need to do is to cut back, then alternate the amount of carbohydrates you take

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