

Bulletproof Cookbook

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Summary:

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Bulletproof: The Cookbook: Amazon.de: Dave Asprey ... The Bulletproof Way of Life: More Butter, Less Exercise and Better Sleep for the Body and Brain You Deserve In his #1 New York Times bestseller, The Bulletproof Diet , Dave Asprey shows how ditching traditional "diet" thinking can help you lose weight, boost your IQ and increase your energy. Bulletproof: The Cookbook: Lose Up to a Pound a Day ... In The Bulletproof Diet, Dave Asprey turned conventional diet wisdom on its head, outlining the plan responsible for his 100-pound weight loss, which he came to by "biohacking" his body and optimizing every aspect of his health. Bulletproof Cookbook For entrepreneurs, executives, students, and For entrepreneurs, executives, students, and anyone who want to perform better. Bulletproof features supplements and products based on 20 years of mind and body performance research.

Bulletproof Cookbook Kit Bulletproof: The Cookbook Famous for his butter-laden Bulletproof Coffee, author Dave Asprey packs the book with the delicious, filling meals he uses to maintain his weight loss and sustain his boundless energy. Bulletproof Cookbook (engl.) | Bulletproof | Smart Food | Shop Produktinformationen "Bulletproof Cookbook (engl.)" The Bulletproof Cookbook - from NYT Bestselling Author Dave Asprey Bulletproof: The Cookbook picks up where the Bulletproof Diet Book leaves off, arming you with 125 recipes to stay Bulletproof for life and never get bored. Bulletproof The Cookbook kaufen - LiveHelfi Das (Bulletproof) Cook Book enthält 125 Rezepte für die Bulletproof Diät. Die Rezepte passen auch zur Paleo-Ernährung, sowie zu kohlenhydratarmen und ketogenen Diäten. Viele Rezepte werden von einem Foto begleitet.

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