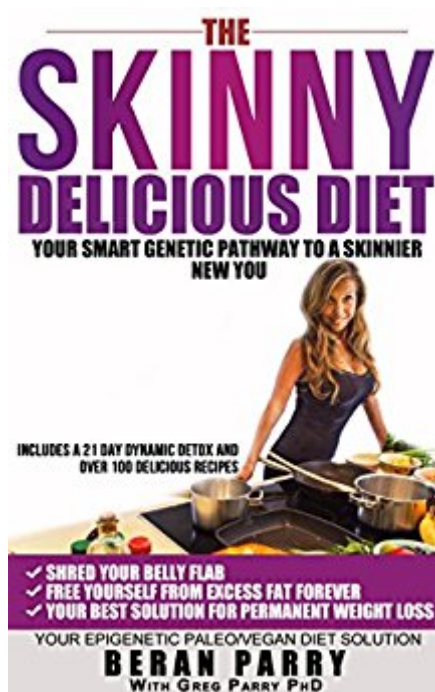


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# Diets: The Skinny Delicious Diet (Your Smart Genetic Pathway To A Leaner New You (Your Permanent Weight Loss Program): Over 100 Paleo And Vegan Recipes ... (Free Yourself From Excess Fat Forever)



## Synopsis

The Skinny Delicious Revolution - Your Body Really Does Know Best! It's the book your body's been waiting for. To live longer. To live better. To Look Your Best! Do you suffer from weight issues? Have you had enough of all those fashion diets and eating fads that just don't deliver permanent weight loss? Are you finally ready to get in shape by giving your body what it really needs? Welcome to the Skinny Delicious Revolution. No more starvation diets. No more endless workouts on the treadmill. No more boring, tasteless, low-calorie meals. No more guilt. No more failure. Beran Parry has been studying and researching intensively for more than three decades to bring you the best of truly effective nutritional therapy. Get ready to be delighted by delicious, fat-busting eating behaviours and learn how to apply the secrets of naturopathy and the miracle of functional medicine and get the best blend of Paleo and Vegan Eating Systems. An internationally recognised specialist who consults around the world, Beran advises clients on the best eating strategies for health and weight control. She develops fabulous nutritional programs, analyses eating behaviour and designs totally effective weight loss strategies, Beran is committed to helping you find your ideal weight control strategy. No stranger to the problems of weight control, Beran has experienced at first hand the peaks and troughs of weight gain, the perils of inappropriate food selection and she's faced the fat fighting challenges that confront so many of us have today. This book lays bare the facts about smart nutrition and teaches you the ins and outs of mastering fatty-genetics and skinny-genetics to help you become a permanently skinnier, healthier and fitter version of yourself. Beran says, "I may not be Skinny - but - I am a Permanently Skinnier Version of my former self! In her new blockbuster eating revolution, you too can learn how to:

- Turn your habits and behaviour into your new best friends
- Smile whenever you look in the mirror
- Banish all the poisons from your life and wake up to a healthier skinnier new you
- Re-balance your micro-flora and put your body back in control of its weight issues
- Discover the special helpers that support and boost your metabolism
- Switch on your fat-burning engines and shred the belly flab
- Enjoy over 100 delicious recipes to celebrate your quest for your skinnier new self and total well being

Did you know?.....We were not born to be fat. The answer isn't in our "unlucky" genes. Our genes can be influenced to work absolutely for our weight loss, for our health and for our complete wellbeing. The key is in our diet. By removing the harmful, toxic components that make up such a large proportion of the modern, Western diet, we can re-programme our bodies to become fat-burning furnaces that turn fat into raw energy, boosting our health and turning back the biological body clock, restoring our metabolisms to their natural, peak efficiency. The differences can be astounding. Beran has distilled the best parts of three dynamic

eating systems and combined them into a smart genetic personalised program just for you. She has researched, tried and tested these methods on herself and countless happy clients. Sheâ™s created a perfect synthesis of the Paleo System, the Vegan Program and Intermittent Fasting so that you donâ™t need to keep wondering which one is best for you. The Skinny Delicious Weight Loss Programme has been designed to give you all the answers and insights you need plus the knowledge of exactly what you need to do to improve your weight control and overall health. These are simply the most effective methods on the planet to get your weight and your health back under control. Not just for today but for the rest of your life. Download right away and join the thousands of individuals who have discovered the joys of living in a skinnier, healthier body.

## **Book Information**

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## **Customer Reviews**

This isnâ™t simply another paleo vegetarian diet cookbook with great recipes (although it does contain over 100 recipes, all of which sound rather appetizing). This book is also a step-by-step guide on how to use the paleo diet to sustain permanent weight loss! The pages of this book contain everything from the basic information about the diet as well as the myths surrounding weight loss as well as how to set up and maintain a quality workout routine that will help you burn fat and gain

muscle. There are also chapters in this book concerning eating out and still being able to stick to your diet or healthy eating routine without feeling like you are missing out on delicious food! The book even contains personal stories of people that have used this diet successfully to maintain a lean and sleek physique which is great for motivational purposes. When you hit a plateau or don't feel as though you can stick to the diet. By the time you finish this book you will have all the skills necessary to reach your weight loss goals and keep the weight off. Once it's been lost. I personally found the individual testimonials and stories to be of the most use because it made me feel as though I was not alone during the weight loss process as I am always looking for unique and healthy ways to stay as fit as possible. Everything in this book was explained in easy to understand and follow language which made it that much easier to put into practice as part of my daily lifestyle and healthy eating routine so I'm sure this book can do the same for you and although I have not tried all of the 100 recipes contained within the pages of this book. The ones I have utilized so far in the diet program have been absolutely delicious! So it has been rather easy to stick to the healthy eating plan laid out in the book.

Dear future reader! I recommend this book and diet with all my heart! I've read endless numbers of diet books and tried them all, some of them had good guidelines so I lost quite a lot of weight but I was struggling with the last 10 kilos for more than a year when I started to read this book. First I found it very strict but I gave it a try and that was the best decision ever. I lost 2 kilos on the first week but it already felt like 10 and that was only the start, I got my faith back, I can see now that this is the way to the best of me, I have lots of energy and feel light as a feather, no more dragging around myself! And the best thing of all: THAT CRAZY HUNGER IS GONE! Have you blamed yourself before about not able to control your hunger? I don't blame myself any more I blame the food I used to eat! These recipes are fun, delicious and filling, do yourself a favour and try it for 21 days and you will fall in love with this lifestyle and the new better you day by day! Enjoy! :-)

This book is refreshingly simple, with plenty of lists and references to make it easy to do. The fact is most of the information in here is nothing I have not read before, it is just presented in a new way that makes following the plan much easier than other plans that share similar information. Beran Parry didn't invent the wheel, she just made it easier to drive on. And that is worth a fortune. Because if you know what to do but can't do it and learn a method where you can do it, you will get the results you desire. Sort of like the "aha!" moment a student gets when someone shows them a different way to approach a problem. Same results, we had the facts, just couldn't get the answer

before. Essentially the plan is a lower carb and lower fat one. But it is done in such a sneaky way it is pretty easy to do. So in a sea of diet books out there, I think this is sound and has something to contribute for people dealing with stubborn weight loss problems and carb sensitivity. Most importantly, it is clear that this is a healthy diet. If you can deal with more carbs, go for it.

The Skinny Delicious Diet is a real Revolution! Unlike other diets, which use starvation and deprivation techniques, the Skinny Delicious Diet allows you to re-educate yourself into healthy eating, using delicious ingredients and food, which you couldn't think about before, and which you even forgot about! And yes, you are allowed to have Mayonnaise with this diet, which is my favourite sauce! The Skinny Delicious Diet also teaches you how to make alternatives for rice and Pasta, which I couldn't imagine possible before, especially as a Gluten Intolerant person! Often, Gluten Free pasta sold in the market is not nice at all, and here I found a way to make delicious Gluten Free pasta! And for those who have Thyroid problems, forget about the expensive diets some doctors sell you, because all the answers to your Thyroid Problems and the recipes for persons suffering from Thyroid problems are in this revolutionary book! Finally, the big revolution, Epigenetics, will inform you how weight is affected by our genes, and the Skinny Delicious diet will teach you how to allow our genes affect our weight! Ready for the big revolution?? The Skinny Delicious Diet is the answer!

The Skinny Delicious Diet is an impressive practical guide that just makes sense. The author connects with the audience through personal experience and creates a plan of action you can apply to find your healthy ideal weight and stay put! She talks about genetics, insulin, and the importance of lean clean eating. This guide is not about deprivation and a list of foods you can't eat. Rather it's based around logic, your natural dynamics, and realistic suggestions to make better lifestyle choices for you. It's not just about eating right. You get a nice dose of the "big picture" of good health. My recommendation is you read through this guide and use what makes sense to you to help improve your health long term. Well Done!

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Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti-inflammatory diet) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Paleo Ketogenic Vegan Smart Moves: Avoid Dieting Mistakes (Paleo Ketogenic Vegan Diet, Paleo Ketogenic Vegan for Beginners, Diabetes Diet, Anti-inflammatory ... - Diet and Nutrition - PALEO Book 7) Diets: The Ultimate DIET RECIPES Book!: Diets: 100+ of the Best Weight Loss Recipes Compilation (Paleo Diet, Atkins Diet, Low Carb Diet, Ketogenic Diet) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight

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