

Bulletproof Cookbook

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Summary:

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Bulletproof: The Cookbook: Lose Up to a Pound a Day ... I am a fan of the Bulletproof lifestyle- BP coffee daily and BP intermittent fasting 5x a week. Still, this book is MEH. I would say this book is more of an attempt to have a new book out there than it is to offer new information. Bulletproof The Cookbook kaufen - LiveHelfi Das offizielle Bulletproof-Kochbuch mit 125 Rezepten für die Bulletproof Diät oder eine kohlenhydratarme/ketogene Diät. Bulletproof Cookbook (engl.) | Bulletproof | Smart Food | Shop 125 Rezepte für eine Bulletproof-orientierte Ernährung. Für alle die keine Lust auf einen Jo-Jo-Effekt haben.

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