
Bright Line Eating Unofficial Cookbook

Download Online eBook Sherry Givens

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Bright Line Eating Unofficial Cookbook Download Online eBook Sherry Givens Free eBook PDF/ePub/Mobi/Mp3/Txt, Have you tried different diet plans but still haven't lose a single pound? Tired of trying out different diet fads but still don't see any results. Have you heard about Bright Line Eating and why this could bring you the desire weight loss that seems to be evasive in the other diet programs you've tried?

A weight loss strategy devised by a Ph.D. in brain and cognitive sciences, Bright Line Eating is not just based on eating; rather it comes on the basis of neuroscience and human psychology. Only 1% people who are overweight, works on it and they too regain it after sometime. This diet plan doesn't have medications involved and is purely based on stimulating a mindset which allows your brain to work on weight loss without any sabotage. The Bright Lines which this plan involves are flour, sugar, quantities and meals.

Mostly, people don't recognize the fact that it's their brain which stops them from weight loss. The superior quality of the Bright Line Eating is that it works to be in team with the brain rather than against it.

This cookbook provides you not only delicious and easy to make recipes that subscribe to the Bright Line Eating program but also gives you the information about what BLE is all about.

Here's a free sample what you'll see in this book:

Lamb Chops with Tomatoes

Serves: 4 Prep Time: 20 minutes Cooking Time: 8 hours Total Time: 8 hours 20 minutes

Ingredients:

- 1 pound lamb chops
- 1 cup water • 3 tablespoons mixed herbs (oregano, thyme, sage)
- 1½ cups tomatoes, chopped finely
- Salt and freshly ground black pepper, to taste

1. Mix all the ingredients in a slow cooker and set slow cooker over low.
2. Cook for about 8 hours and serve hot.

Nutritional Information per Serving: Calories 225

Total Fat 8.5 g

Saturated Fat 3 g

Cholesterol 102 mg

Total Carbs 3.2 g

Sugar 1.8 g

Fiber 1.2 g

Sodium 92 mg

Protein 32.6 g

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Bonus Section Included

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