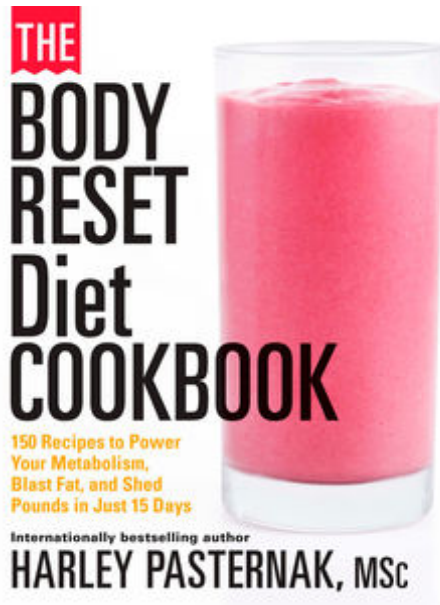


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Whether you're looking to lose significant weight or just those last five pounds, *The Body Reset Diet Cookbook* will help you reset your body and lose weight immediately with 150 slimming recipes!

New York Times bestselling author Harley Pasternak revolutionized dieting with *The Body Reset Diet* and now offers more brand-new recipes from his proven program to help you hit the reset the button and slim down permanently. In this cookbook companion you'll find:

- 50 amazing smoothies that will keep you satisfied while boosting your metabolism
- 100 simple, single-dish meals that include scrambles, sandwiches, soups, salads, and stirfries
- Satisfying snack combinations

The Body Reset Diet Cookbook will keep your metabolism humming, so you'll continue to blast through calories, shed pounds, and achieve your weight-loss goals.

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