



# 22-Day Revolution Diet Recipes Under 30 Minutes: Revolutionize Your Life

*Rose Carter*

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## **22-Day Revolution Diet Recipes Under 30 Minutes: Revolutionize Your Life** Rose Carter

Want to follow simple recipes and save time on the 22-Day Revolution Diet?

22-Day Revolution Diet Recipes Under 30 Minutes will give you step-by-step recipes to get great results in a shorter period of time so that everyone has a realistic chance at succeeding in the 22-Day Revolution Diet. You will find practical recipes that include specific portions and serving sizes to ensure an effective diet plan. 22-Day Revolution Diet Recipes Under 30 Minutes is filled with tested recipes that are not repetitive so that dieters don't have to sacrifice on taste and satisfaction. A simple exercise guide is also included to compliment the 22-Day Revolution Diet.

If you follow this guide, you will...

- Become healthier and more energized in just 22 days
- Know what foods to eat and what foods to avoid
- Naturally crave healthy, nutritious foods to create a sustainable healthful lifestyle
- Drop up to 22 pounds in 22 days and transform your body
- Learn to prepare meals under 30 minutes
- Change your habits and revolutionize your life

And much more!

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