



**Diet Recipes Box Set: 18 Bulletproof Diet Recipes,  
24 Low Carb Recipes & 15 Ketogenic Diet Recipes  
to Lose Weight, Improve the Ratio of HDL/LDL  
Cholesterol ... Recipes books, Bulletproof Diet  
Recipes)**

*Wanda Griffin, Virginia Bailey, Rebecca Shaw*

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## **BOOK #1: Bulletproof Diet Recipes: 18 Tasty Recipes To Boost Metabolism and Gain More Energy**

This book is a beginner's guide for people who would like to try the Bulletproof Diet but are not quite sure how to start. It offers a collection of easy to follow recipes for "bulletproof" compatible dishes. Preparing and eating the foods included in the recipes will give you a little taste (no pun intended) of what the Bulletproof Diet is all about.

### **Here is what you will learn after reading this book:**

- A brief explanation of the theory behind the diet, with basic instructions for putting the theory to practice
- Lists of recommended and forbidden foods
- Simple recipes for every meal of the day, using easy to acquire ingredients
- Words of encouragement for people struggling to follow the diet's rules

## **BOOK #2: Low Carb Recipes: 24 Quick, Delicious and Healthy Low Carb Recipes**

What we consume as food and what we drink are really very important and they are a reflection of who we are and what we will become. While many consider good eating habits as a luxury, many who feel they can afford every kind of meal end up becoming obese and shapeless. Many people find it difficult to draw the line between good eating habits and the consumption of junks that end up doing more harm to the body than good. This book proves beyond all doubts that good health as a result of good eating habit is not a luxury; it is not just affordable by the rich and not for some specific class of people.

## Here is what you will learn after reading this book:

- How to maintain a good eating habit to stay healthy
- Knowledge of what low carb diets are all about and why they are important to the body
- Knowledge of what low carb diets are all about and why they are important to the body
- A list of 24 quick, yet, very delicious and healthy low carb recipes you can choose from

## BOOK #3: Ketogenic Diet Plan: 15 Delicious Recipes to Lose Weight, Improve the Ratio of HDL/LDL Cholesterol and Lower Your Blood Pressure

Dieting: it can be the best thing to do for yourself, but it comes with the price of having to follow a strict diet. Many people start to run into the issue that they are not able to control their cholesterol or blood pressure, and this turns into an issue for many later on down the road. It's imperative to watch your diet, especially if your cholesterol isn't good. That's where the Ketogenic diet plan comes in! It's a remarkable diet that allows you to eat foods with low carbs but also allows you to control your cholesterol and blood pressure.

### In this book, you'll learn:

- What the Ketogenic diet is
- How to prepare for it
- 15 amazing recipes to allow you to get the most out of your ketogenic diet

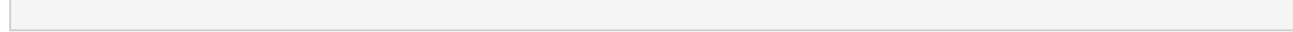
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