



Negative Food: Eat Negative, Live Positive - Weight Loss (Negative Food - Rapid Weight Loss Foods Book 1)

Natalie Mazzotta, Michael Mazzotta

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Negative Food is a book that introduces a diet and weight loss system which inverts the typical diet by substituting fruits and vegetables to dramatically reduce calorie intake and instigate weight loss. Negative Food promotes food that fulfills one's nutritional needs yet negates caloric intake through digestion of low calorie meals. By substituting several negative calorie meals and snacks each week, dieters are able to attain a healthy weight without feeling hungry or skipping meals. Take charge of your health with Negative Food today!

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