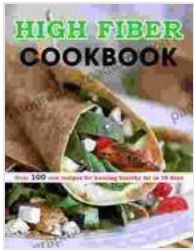


# Over 100 New Recipes For Burning Healthy Fat In 30 Days



## High Fiber Cookbook : Over 100 new recipes for burning healthy fat in 30 days by Samantha Holvey

★★★★★ 5 out of 5

Language : English  
File size : 3182 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 170 pages  
Lending : Enabled



Are you looking for a way to lose weight and improve your health? If so, then you need to check out the new book, Over 100 New Recipes For Burning Healthy Fat In 30 Days.

This book is packed with over 100 delicious and healthy recipes that will help you burn fat and lose weight. The recipes are easy to follow and use simple ingredients that you can find at your local grocery store.

In addition to the recipes, the book also includes a 30-day meal plan that will help you get started on your weight loss journey. The meal plan is designed to help you lose weight and improve your health.

If you are serious about losing weight and improving your health, then you need to check out the new book, Over 100 New Recipes For Burning

Healthy Fat In 30 Days.

**Here are some of the benefits of following the meal plan in this book:**

- You will lose weight.
- You will improve your health.
- You will have more energy.
- You will feel better about yourself.

So what are you waiting for? Free Download your copy of Over 100 New Recipes For Burning Healthy Fat In 30 Days today.

**Here is a sample recipe from the book:**

### **Grilled Salmon with Roasted Vegetables**

#### **Ingredients:**

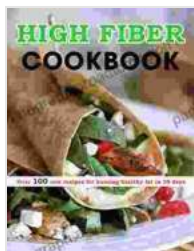
\* 1 pound salmon fillets \* 1 tablespoon olive oil \* 1/2 teaspoon salt \* 1/4 teaspoon black pepper \* 1 cup broccoli florets \* 1 cup zucchini slices \* 1/2 cup red onion slices \* 1 tablespoon lemon juice

#### **Instructions:**

1. Preheat grill to medium-high heat. 2. Brush salmon fillets with olive oil and season with salt and pepper. 3. Grill salmon fillets for 4-5 minutes per side, or until cooked through. 4. Toss broccoli, zucchini, and red onion with olive oil and lemon juice. 5. Grill vegetables for 2-3 minutes per side, or until tender. 6. Serve salmon fillets with roasted vegetables.

This recipe is just one of the many delicious and healthy recipes that you will find in the book, Over 100 New Recipes For Burning Healthy Fat In 30

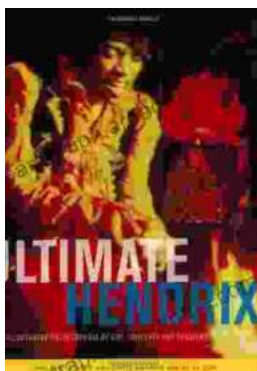
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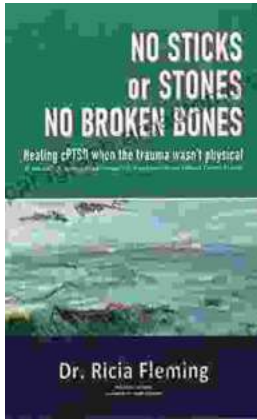
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