



## The Skinny Sirtfood Diet Recipe Book: Activate your 'skinny gene'! Calorie counted sirtfood recipes.

By CookNation

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### **The Skinny Sirtfood Diet Recipe Book Activate your skinny gene and lose up to 7lbs in 7 days!**

The Sirtfood diet is a revolutionary new approach to health and weight loss which has come to the fore thanks to new scientific research identifying turbocharging foods that activate the 'skinny gene' in all of us.

#### **It's about what you CAN eat not what you can't!**

A diet that focuses on the positive effects of healthy balanced nutrition, works in perfect tandem with your body, can result in amazing weight loss (**up to 7lbs in 7 days**), increased energy levels, increased lean muscle, general heightened well-being and rarely has you feeling hungry.

Sirtfoods are super-charging, sirtuin-activating foods that can boost weight loss, help protect against disease, counter the effects of ageing and promote good health. The top 20 list of powerful Sirtfoods are recognisable, attainable, affordable and delicious – think strawberries, rocket, cocoa, kale and chillies to name a few. Even red wine, coffee and dark chocolate make the list as highly effective Sirtfoods!

The Skinny Sirtfood Diet contains delicious, easy-to-make, calorie counted Sirtfood meals and snacks together with a 3 week planner to get you started on the ground breaking Sirtfood diet.

Give your fat-burning genes a super-boost, change the way you diet and eat forever.

*Look out for other great Skinny recipes in the series from CookNation. Browse over 50 popular low calorie titles at [www.bellmackenzie.com](http://www.bellmackenzie.com)*

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The reason why? Because this The Skinny Sirtfood Diet Recipe Book: Activate your 'skinny gene'! Calorie counted sirtfood recipes. is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will shock you with the secret this inside. Reading this book close to it was fantastic author who have write the book in such remarkable way makes the content on the inside easier to understand, entertaining method but still convey the meaning completely. So , it is good for you because of not hesitating having this ever again or you going to regret it. This unique book will give you a lot of rewards than the other book get such as help improving your skill and your critical thinking approach. So , still want to hold up having that book? If I were being you I will go to the e-book store hurriedly.

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