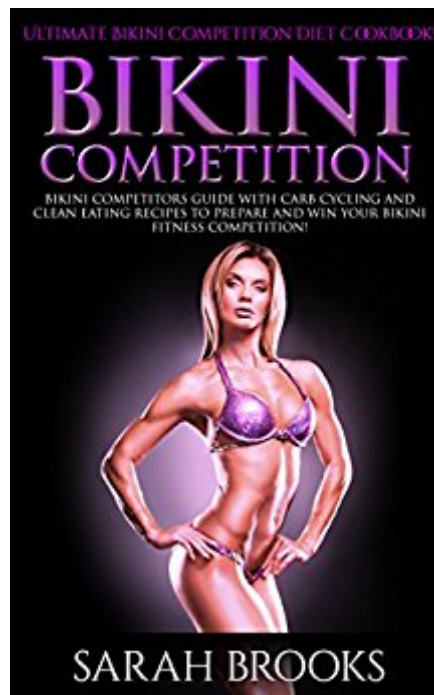




The book was found

Bikini Competition: Ultimate Bikini Competition Diet Cookbook! - Bikini Competitors Guide With Carb Cycling And Clean Eating Recipes To Prepare And Win ... Low Carb, Paleo Diet, Atkins Diet)



Synopsis

BIKINI COMPETITION ULTIMATE DIET COOKBOOK AND CLEAN EATING RECIPES TO WIN YOUR BIKINI FITNESS COMPETITION! This "Bikini Competition" book contains proven steps and strategies on how to win your bikini fitness competition with the right kind of diet. Today only, get this Amazing book for this incredibly discounted price! Read on your PC, Mac, Smart Phone, Tablet or Kindle Device. Joining a bikini competition is a lot more than looking sexy in a bikini. It takes a lot of self-discipline and control to be able to look fit in time for the competition. You need to understand the different kinds of diet plan that you can try to keep your body fit and toned. This book contains a brief background about popular diet plans such as carb cycling, clean eating, and Paleo. You will also find simple recipes that you can try at home. You can get some tips and information about bikini competitions and what the judges look for when judging the contestants. This will at least give you an idea what to improve on and what to avoid before joining the competition. You will also learn about different supplements that you can take before the competition to maintain your fit and toned physique. Finally, this book will also give you some tips and techniques to keep your motivation high that can help you win the competition. After all, it is important that both your mind and body are in excellent condition if you want to be declared as the winner. Here Is A Preview Of What You'll Learn... Introduction To Bikini Competition What The Judges Are Looking For Bikini Competition Diet Cookbook Outline Carb Cycling Diet For Bikini Competitors Carb Cycling Recipes For Bikini Competitors Clean Eating Recipes For Weight Loss Paleo Diet For Bikini Competitors Paleo Diet Recipes Supplements For Bikini Competition How To Keep Motivation High And Win! Much, Much More! Download your copy today! Tags: Bikini Competition, Paleo Diet, Paleo Smoothies, Carb Cycling, Supplements For Bikini Competition, Cookbook Outline, Weight Loss, Lose Weight, High Motivation, Get Motivated, Clean Eating, Clean Eating Recipes, Body Control, Get In Shape, Simple Recipes, Weight Loss Recipes, Supplements, Bikini Fitness, Physique, Maintain Fitness, Focus, Brain Training, Green Tea, Amino Acids, Refined Foods, Eliminate Processed Foods, Bikini Competitors, Judges, Bikini Competition, Clean Eating, Weight Loss, Focus, Get Motivated, Paleo Diet, Eliminate Processed Foods, Bikini Competition, Carb Cycling, Clean Eating, Bikini Fitness, Diet Cookbook, Weight Loss, Lose Weight, Clean Eating Recipes

Book Information

File Size: 1173 KB

Print Length: 45 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 9, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00S2B1R7Y

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #445,663 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #88

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Customer Reviews

This book gives you detailed information about your health and what you should do to get the results you really want. I also like how the author addresses the myths about health, weight loss, and muscle building that we often buy in to. I really am happy that I came across this book because there is so much that I don't know about my health as a woman.

Fascinating insight on how to prepare for a bikini competition. All the diets make sense to me when preparing the body the proper nutrition. This book has steps that guide you thru the process for those considering this competition. A good read!

I had high hopes for this book. It is very short - I read in less than 15 minutes and there is no real content..

Good book for a newbie, with there was more details about leaning out prior to the competition and how to figure out how much you should maintain before leaning out.

This is a very good book to read to understand about carb cycling I find it very informative.

Actually good. Recipes were sound and offered good variety. Enjoyable read, good tips...especially regarding the bmi. Advice for anyone curious, matter-of-fact tone.

Not impressed! It's very short. Very basic information that I had already found online for free.

Great book. Very informative. Like a lot of these books, they are short and sweet. Wish it was longer and filled with more information. But I liked this one.

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