



The Body Reset Diet Cookbook

Harley Pasternak

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150 NEW Body Reset Diet Recipes to Shed Pounds in Just 15 Days!

Whether you're looking to lose significant weight or just those last five pounds, *The Body Reset Diet Cookbook* will help you reset your body and lose weight immediately with 150 slimming recipes!

Celebrity diet and fitness expert and *New York Times* bestselling author Harley Pasternak revolutionized dieting with *The Body Reset Diet* and now offers more brand-new recipes from his proven program to help you hit the reset the button and slim down permanently. Inside you'll find:

- 50 amazing smoothies that will keep you satisfied while boosting your metabolism
- 100 simple, single-dish meals that include scrambles, sandwiches, soups, salads, and stir-fries
- Satisfying snack combinations

The Body Reset Diet Cookbook will keep your metabolism humming, so you'll continue to blast through calories, shed pounds, and achieve your weight loss goal.

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