



Summary: Body Love - Summarized for Busy People: Live in Balance, Weigh What You Want, and Free Yourself from Food Drama Forever: Based on the Book by Kelly Leveque (Paperback)

By Goldmine Reads

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version. This book is not intended to replace the original book. Instead, we highly encourage you to buy the full version. In the quest for improved health and a leaner body, celebrities turn to Los Angeles-based nutritional consultant, Kelly LeVeque. In Body Love, LeVeque reveals the secrets to shed off the extra weight and to provide the nourishment your body needs through eighty-eight delicious recipes. Body Love has helped celebrities such as Emmy Rossum, Chelsea Handler, Molly Sims, and Jessica Alba to get back in shape and attain better health. Kelly LeVeque s Food Freedom program guides you to a healthy diet, even removing your mood swings, cravings, and other symptoms of related ailments. In the morning, make one of LeVeque s many Fab Four Smoothies which all pack carbohydrates, fiber, fat, and protein. For a balanced blood sugar and a light mood, begin the day with a Mango Kale Madness Smoothie or a Strawberry Shortcake...



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