

# Download Ideal Protein Cookbook

You will receive the newly revised edition of Janeva's Ideal Recipes Phase 1 cookbook when placing your order. This revised edition includes 83 new recipes and 235 favorites from the 1st edition for a total of 318 recipes to help you through your Ideal Protein Phase 1 weight loss journey. If you've swapped your regular meals for Ideal Protein eats, we don't blame you. DietsinReview.com ranked the Ideal Protein Weight Loss Method the most popular diet of 2015, and #IdealProtein ... The key is not to eat like a king but how to eat more like a peasant. Gout was historically known as "the disease of kings" or "rich man's disease" and you'll discover in this eBook how to eat right through a tried and tested diet! For starters, most people don't ever consider that eating healthy, organic foods might not be enough for their highest level of wellness. You could actually be eating an all-organic diet -- and still be missing the mark of peak wellness. - Ideal Protein Cookbook