

Diet Weight Loss Tips

Atkins Diet,1200 calorie Diet,Weight Loss,Protein Diet,Healthy Diet,Diet Plans,Best Diet,Diet Foods

100 Weight Loss Tips & Stop Dieting Nicholas

Bjorn, 2020-11-12 2 BOOKS IN 1 - DISCOVER WHAT YOU NEED TO KNOW TO ACTUALLY LOSE WEIGHT WITHOUT JUMPING FROM DIET TO DIET. Book 1 - Weight Loss Tips: 100 Weight Loss Tips Making the decision to lose weight is easy, because let's face it, everyone wants to look good and be healthy! However, it's having the commitment and dedication to follow through on your decision that presents the challenge. The need to not only control your diet but to also exercise regularly can be daunting, which is why many people quit, or worse, never even start at all! Don't you wish that someone could just tell you the exact and detailed steps to follow, so that you can start losing weight and stay motivated while doing so? Well, this book has got you covered. This book will teach you, in simple and easy-to-understand terms, how you can start losing weight today by revealing 100 QUICK and EASY weight loss tips! All of these tips are specifically aimed to help you throughout your weight loss journey, from when you are getting started up until you've lost those extra pounds and are looking to maintain your ideal weight. Here's what this book will teach you: Why you need to lose weight beyond just trying to look good How losing weight benefits you Which foods to avoid What food choices you should make Plus all the weight loss tips and bonus recipes you get: 40 Excellent diet tips 20 Fabulous exercise tips 20 Great lifestyle tips 20 Amazing tips for weight loss maintenance Bonus recipes to get you started on your healthy diet today! Book 2 - Stop Dieting: How To Stop Dieting and Eat Normally Many people struggle with losing weight, and with so many diets to choose from - each with its own method and restrictions. It's no wonder why people struggle! The great news is that you can actually stop

dieting, and eat normal foods to lose weight and also improve your health. And this book shares with you how... Discover the proven steps and strategies on how you can boost energy and burn fat for healthy weight loss. It's no secret that the food we eat has an impact on how our body looks and feels. We need to get into the habit of picking nutrient-dense foods and make them a lifestyle rather than looking at crash diets for our health requirements, this book will clearly and concisely detail everything you need to know to achieve your weight loss goals. Here's what's in store for you: 10 Nutrition Rules for Boosting Energy Burning Fat Top 10 Herbs and Spices to Help Improve Health and Weight Loss 36 Fat Burning Super Foods The Top 20 Superfoods You Should be Eating 8 Reasons Why You Are Not Losing Body Fat How to Plan Your Meals 15 Tasty Super Food Smoothies Recipes 5 Tasty Super Food Soup Recipes 6 Yummy and Healthy One-Bowl Meals 10 Lip Smacking Healthy Desserts If you are truly serious about losing weight and are prepared to make the commitment to eating healthier, then grab your copy of this book today!

The Little Book of Dirty Diet Tricks Carole Bodger, 2002
A witty and practical guide to losing weight, or just looking like you did, with 365 tips for a healthier, slimmer appearance every day of the year -- the perfect impulse buy. The first and most important secret in Carole Bodger's *The Little Book of Dirty Diet Tricks* is that looking good while you're getting thin is just as important as losing the pounds, and in this down-to-earth, often hilarious guide, she shows you exactly how to achieve your weight-loss goals and keep your spirit up by looking fabulous and feeling thin until the real thing kicks in. Whether you are overweight and struggling with never-ending diets, or just trying to shed the five pounds you gained on vacation, this

book offers a year's worth of the sanest, healthiest, most tried-and-true weight-loss tips around, plus straightforward strategies for looking slimmer throughout the process, from clothing and makeup techniques to posture improvements. Learn to modify your habits (substitute a Fig Newton for an Oreo); discover new ways to get a little exercise (powerwalk to the mailbox); and have some fun along the way (eat everything with chopsticks.) The 50 million Americans who diet each year know that losing weight can seem like an endless journey; the hundreds of specific, easy-to-use suggestions found here will shorten the trip.

6 Tips to Help You Lose Weight Now Gregory Groves, Virtually everything you have been led to believe in regards to losing weight is WRONG! The problem with pretty much every so-called weight loss program and weight loss book out there is that all the information is just recycled information. Information that helps you minimally and only helps you externally, not internally. This sets you up for future failures. So many people struggle daily with identifying with what is healthy, and what is not; what you should eat and what you should avoid. In this article, I share with you 6 tips to help you lose weight now. If you want to achieve sustainable weight loss while dealing with your FOOD ADDICTION, BINGE EATING AND EMOTIONAL EATING ISSUES, then drop the cookie-cutter, magic pill solutions now. All they will do is empty your wallet. Healthy living starts from the inside, NOT the outside. Take that first step now, and start dealing with your weight loss struggles in a positive, sustainable way! Learning to live a happy life doesn't come with the new fad diet that makes the false promise of "helping you to lose fat fast" and you will not find those promises in this article. Living a happy life; a TRULY happy life comes from

developing healthy habits! The coaching exercises in this book will help you accomplish this. HIT THE “BUY NOW” BUTTON, AND START TAKING CONTROL. As I am fond of saying: Transform Your Habits, Transform Your Mind, and Transform Your Life! Always remember: Action = success and change begins with you!

Weight Loss Sander Stacksson, 2020-03-27 This book contains 2 guides, namely: Guide 1: Overweight, everyone knows the word and almost everyone hates it. There are so many different weight loss things out there that it can be hard to find one that actually works. Well look no farther, this book has tons of different tips and tricks to help you out and ones that can fit your lifestyle. This book will teach you problems, causes, sources -such as trans-fat-, and 21 health risks to steer clear of. Learn what the ten most common weight loss mistakes are, as well as what the worst myths are when it comes to weight loss. Diet, that word is one of the two that are used to describe the solution to being overweight, but did you know that if you do the wrong one for you then you could make the problem worse? Even find out what some great weight loss snacks are. Exercise, that is the other word used to describe the solution to being overweight. There are quite literally thousands of different exercises you can do, but this book can help you narrow it down to ones that are best suited for your situation. This book contains quite literally dozens of tips and methods from experts, so what are you waiting for? Start reading and start to shed those unwanted pounds! Guide 2: Ah water, that precious gift that so many of us take for granted, forgetting how much it impacts our health if we don't get enough. It may surprise you, but getting enough water everyday plays a big part in our weight. There have been countless studies on how our bodies use various liquids compared to water. Whether

that be soda, alcohol, or chocolate milk. With this book you can learn about all this and more. Learn how much to drink. Learn when to drink. Learn SIXTEEN different ways to make it taste better! Learn how water interacts with different vitamins and minerals. Read about nine different ways in which sleep improves our health, along with thirteen techniques to help you get a better night's sleep. Even how meditation helps with weight loss! This book also contains over 230 inspiring quotes on subjects ranging from the humorous, health, and success to doubt, hunger and worry. Read peoples motivational stories and over 50 weight loss affirmations. Read about how you can combat your stress with good nutrition. Learn how mindful eating can help with shedding those extra pounds. Read how to resist Food Temptation, as well as find out what the 18 "unhealthy" foods that are actually good for you are. Time to curl up in a cozy chair with a brand new that will change your life.

How to Lose Weight Without Dieting Or Exercise. Over 250+ Ways Ernesto Martinez, 2021-01-21 We want to be thin and healthy, but Covid-19 came along and changed everyone's daily life, locking us out of gyms, pools, and limiting our social and work activities. Aside from surviving the pandemic, we've all had to adjust to a new normal to achieve our goals. The Quench Diet will give you a variety of strategies to help you face the quarantine 15. With strategies based on cutting edge research on the dramatic benefits of lifestyle redesign and the formation of mini habits, this book, with a war chest of over 250 ways to help nurture your body, will help you lose the unwanted weight. The plan is built around research-based simple strategies that you can pick and choose to fit your lifestyle and redesign your eating routine with nourishing foods that will pave the way for a slimmer midsection, weight loss, and

better overall health. It's not just about losing weight. Eating quenching foods will slow down aging, strengthen your immune system, improve weight loss, gastrointestinal health, decrease allergies, and decrease your risk for cancer. More and more scientists have proven that even a few simple changes to your diet will transform your physique and give you a healthy body. In this book, we'll give you over 250 simple strategies with the reasons why they can help transform your health. By slowly chipping away at old habits, you can build your weight loss plan to fit your lifestyle and help you avoid environmental weight gain. In The Quench Diet, we'll cover all the bases, giving you everything you need to know to make dramatic changes in your weight, lifestyle, and your overall health. Dr. Ernesto Martinez offers a wealth of advice and information that anyone who wants to improve their health would do well to follow and implement. I highly recommend this book for anyone interested in redesigning their lifestyle into a healthy one. Richard Jacobs Ph.D, Sports Nutritionist

100 Weight-Loss Tips that Really Work Fred A. Stutman, 2006-11-03 The best diet advice all in one place Atkins, The Zone, South Beach . . . who has the time and money to try each new diet to figure out whether they really work? Now you don't have to. Diet, nutrition, and exercise expert Fred Stutman, M.D., zeroes in on the good strategies--and exposes the bad ones--of all the hottest diets and consolidates them into one book: 100 Weight-Loss Tips That Really Work. This handy guide delivers the facts about good and bad carbs, how fiber can help you lose weight, the best and worst proteins, the most effective exercises for burning fat, and more! The simple, straightforward tips include: Scoop out the inside of a bagel to reduce your carb intake. Don't read or watch TV

while eating. Stock up on good carbs such as oatmeal and whole-wheat pasta. Choose popcorn instead of potato chips. Walk before meals to decrease your appetite. Eat protein when indulging in bad carbs. Put exercise on your to-do list every day.

Weight Loss Nicholas Bjorn, 2023-01-26 DO YOU WANT TO KNOW HOW YOU CAN LOSE WEIGHT FAST, STARTING RIGHT NOW? THIS BOOK WILL LET YOU IN ON THE SECRET... Making the decision to lose weight is easy, because let's face it, everyone wants to look good! However, it's having the commitment and dedication to follow through on your decision that presents the challenge. The need to not only control your diet but to also exercise regularly can be daunting, which is why many people quit, or worse, never even start at all! Don't you wish that someone could just tell you the exact and detailed steps to follow, so that you can start losing weight and stay motivated while doing so? Well, this book has got you covered. This book will teach you, in simple and easy-to-understand terms, how you can start losing weight today by revealing 100 QUICK and EASY weight loss tips! All of these tips are specifically aimed to help you throughout your weight loss journey, from when you are getting started up until you've lost those extra pounds and are looking to maintain your ideal weight. Here's what this book will teach you: Why you need to lose weight beyond just trying to look good How losing weight benefits you Which foods to avoid What food choices you should make Plus all the weight loss tips and bonus recipes you get: 40 Excellent diet tips 20 Fabulous exercise tips 20 Great lifestyle tips 20 Amazing tips for weight loss maintenance Bonus recipes to get you started on your healthy diet today! You will never be able to get a tip list as comprehensive as this one anywhere else. Knowing and

following all the tips in this book will surely get you on your way to reaching your weight loss goals!

The Weigh Down Diet Gwen Shamblin, 2009-09-30
Isn't your desire to overeat really spiritual hunger? "I can stop in the middle of a candy bar and have no desire to eat the second half if my stomach is not calling for it." - Gwen Shamblin Do you eat and eat and never feel full? Rise above the magnetic pull of the refrigerator and turn to the bounty offered to thousands who have embraced a liberating weight-reduction program in churches across America. The Weigh Down Diet gives new hope to millions who have failed on conventional diets and guides readers to the richer satisfaction that comes not from food, but from faith. Gwen Shamblin's The Weigh Down Diet is a groundbreaking approach to weight loss. People who have known no end to their hunger and who have no control over their late-night binges have learned through the Weigh Down Workshop that they can remove the irresistible desire for food. This is not a diet like others, because it is not food-focused. It contains chapters such as "It's Not Genetics or Your Mother's Fault," "I Feel Hungry All the Time," and "How to Eat Potato Chips and Chocolate." So, as you can see, here is a very different approach to weight loss. Weigh Down gives back hope to dieters who will learn that God did not put chocolate or lasagna on Earth to torture us - but rather for our enjoyment!

The Key To Weight Loss Cleansing: Simple Weight Loss Tips Selena Wong, 2013-07-20 The Key To Weight Loss Cleansing: Simple Weight Loss Tips is a book that focuses on the best ways that an individual can approach weight loss. The main point that the author makes throughout the text is that what works for another may not necessarily work for you. It is best to cut out the carbohydrates and

bad fats and to start exercising to get the process going. After a while of doing the exercise and having an adjusted diet, things will begin to fall into place and adjustments can be made to the weight loss plan. The text is not hard to understand and is a bonus for anyone who reads it. Weight loss does not happen in a day or even a month. It takes time and dedication to reach the desired goal. If you are seeking text on the best way to lose weight without opting for a popular diet plan then this text is the ideal choice for any reader.

100 Weight-loss Tips that Really Work Fred A Stutman, 2006-11-03

201 Tips For Loosing Weight Bimal Chhajer, 2021-01-15
Academy Of Nutrition And Dietetics Complete Food And Nutrition Guide, 5th Ed Roberta Duyff, 2017-04-18 The newest edition of the most trusted nutrition bible. Since its first, highly successful edition in 1996, The Academy of Nutrition and Dietetics Complete Food and Nutrition Guide has continually served as the gold-standard resource for advice on healthy eating and active living at every age and stage of life. At once accessible and authoritative, the guide effectively balances a practical focus with the latest scientific information, serving the needs of consumers and health professionals alike. Opting for flexibility over rigid dos and don'ts, it allows readers to personalize their own paths to healthier living through simple strategies. This newly updated Fifth Edition addresses the most current dietary guidelines, consumer concerns, public health needs, and marketplace and lifestyle trends in sections covering Choices for Wellness; Food from Farm to Fork; Know Your Nutrients; Food for Every Age and Stage of Life; and Smart Eating to Prevent and Manage Health Issues.

The Eat-Clean Diet Cookbook Tosca

Reno,2011-10-19 With the success of the Eat-Clean Diet came the demand for more recipes, and author Tosca Reno is not only a health and fitness expert, she's also an excellent cook. She's always loved cooking for friends and family, and her Clean-Eating lifestyle inspired her to create fabulous meals that everyone would love. Who better to write a cookbook that would make the whole family happy . . . both at the table and when they shop for clothes a few sizes smaller! Get: •150 beautiful food photographs • Delectable low-fat beef, pork, chicken and fish dinners • Protein-rich meat-free recipes • Gluten-free meals • Tips on eating clean in difficult situations • Timesaving one-dish meals for busy moms • Great recipes on the go • How to prepare an elegant clean-eating event.

Weight Management Institute of Medicine, Food and Nutrition Board, Committee on Military Nutrition Research, Subcommittee on Military Weight Management, 2003-12-01 The primary purpose of fitness and body composition standards in the U.S. Armed Forces has always been to select individuals best suited to the physical demands of military service, based on the assumption that proper body weight and composition supports good health, physical fitness, and appropriate military appearance. The current epidemic of overweight and obesity in the United States affects the military services. The pool of available recruits is reduced because of failure to meet body composition standards for entry into the services and a high percentage of individuals exceeding military weight-for-height standards at the time of entry into the service leave the military before completing their term of enlistment. To aid in developing strategies for prevention and remediation of overweight in military personnel, the U.S. Army Medical Research and Materiel Command requested the Committee on Military

Nutrition Research to review the scientific evidence for: factors that influence body weight, optimal components of a weight loss and weight maintenance program, and the role of gender, age, and ethnicity in weight management.

Weight Loss Tips, Diet Guides, & More Razaq Adekunle, 2020-12-11 There are many common weight loss myths that people live by when it comes to their health. It is difficult at times to separate the weight loss myths and fact from what is true. Many sounds true while others are just laughable. This weight Loss book was designed to be as simple and data driven as possible. No secret miracle cures. No nonsense snake oil treatments. Losing weight can be a daunting challenge. With so many diet options it's hard to know which one will work best for you. However, there are certain fundamentals step anyone can take to start losing weight today. Allow this book to show you steps that will help you realize even your most ambitious weight loss goals. If you're ready to change your life, then you have to read this book and it will surely save your health and your life. In This Book, You'll Discover: Lose Weight: The Most Important Things You Should Know About Diet - You are what you eat. More than this, what you eat can make or break you. Good nutrition is valuable especially if you want to be fit and healthy inside and out. Stop Excusing Yourself from Losing Weight and Lose Weight - People who are overweight usually do great injustice to themselves by excusing themselves from really losing weight. One thing that I have learned is that excuses cannot help you or me. It is only when we look at our personal problem straight in the eye and then acknowledges that there exists a problem and we hate the problem and need solutions are we able to really do something about it. The Natural and Healthy Way of Losing Weight - Natural and healthy ways to lose weight fast is the

best way to lose weight. I'm glad you're looking for the natural and healthy solution instead of quick fix pills that don't work. How to Lose Weight When Pregnant - 5 Quick Tips for Healthy Weight Loss During Pregnancy- This helpful book will give you 5 great tips to learn how to lose weight when pregnant safely. Certainly, a good nutrition plan will not only improve your figure but also your health. Managing your weight will also prepare you for labor and after pregnancy. You can burn that fat you have accumulated from even before your pregnancy; only by eating healthy and delicious food. Formulating a Weight Loss Plan: Comparing and Contrasting Calories, Carbs, Fat, and Sodium - Some people lose weight for health reasons while others lose pounds to improve their overall appearance. Some people may want to lose weight and have good cause, but that does not mean that they know the best way of getting rid of excess pounds. This book provided some useful information that allows people to develop a weight loss plan. And Many More Quick weight loss is hard to earn as it entails all the dedication, interest, consistency, discipline and focus you can give. We can think of a lot of things when we ourselves are planning to lose weight. We are so excited to know the products we can use, which one will work fast, and what needs to be done to execute and maintain it. This weight loss book is important for us from the moment we are ready to learn. Buy Now Right Now!

Weight Loss Tips Nicole Evans,2015-02-26 HOW MUCH WEIGHT DO YOU WANT TO LOSE?DISCOVER THE 16 BEST WEIGHT LOSS AND DIET TIPS EVER!Today only, get this Amazon bestseller for one great low price. Read on your PC, Mac, smart phone, tablet or Kindle device.ARE YOU READY TO LOSE WEIGHT FAST?Whether you want to lose a few extra pounds or transform your body the 16 Best

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The South Beach Diet Cookbook Arthur

Agatston,2004-04-13 A companion to The South Beach Diet presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories.

Weight Loss For Beginners Sherri Neal,2013-04-19

There is no magic spell that can be granted to help you to lose weight, it takes determination and perseverance. If you have always wanted to lose weight and live a healthier lifestyle but don't know where to start, then please don't get disheartened. To lose weight and better your life, you have to really want it. You cannot eat salad for a couple of days and be transformed into a new person, it takes more than that. I do not recommend pills and potions and think the best way to lose weight is to do it the healthy way through diet and exercise. By taking things slowly and making some very simple changes to your life you can turn things around and become the person that you have always wanted to be. I am going to teach you how it can be done with some easy weight loss tips to promote healthy weight loss for beginners.

How to Lose Weight Without Dieting Or Exercise. Over 300 Ways Ernesto Martinez, 2021-01-27 We want to be thin and healthy, but Covid-19 came along and changed everyone's daily life, locking us out of gyms, pools, and limiting our social and work activities. Aside from surviving the pandemic, we've all had to adjust to a new normal to achieve our goals. The Quench Diet will give you a variety of strategies to help you face the quarantine 15. With strategies based on cutting edge research on the dramatic benefits of lifestyle redesign and the formation of mini habits, this book, with a war chest of over 300 ways to help nurture your body, will help you lose the unwanted weight. The plan is built around research-based simple strategies that you can pick and choose to fit your lifestyle and redesign your eating routine with nourishing foods that will pave the way for a slimmer midsection, weight loss, and better overall health. It's not just about losing weight. Eating quenching foods will slow down aging, strengthen your immune system, improve weight loss, gastrointestinal health, decrease allergies, and decrease your risk for cancer. More and more scientists have proven that even a few simple changes to your diet will transform your physique and give you a healthy body. In this book, we'll give you over 250 simple strategies with the reasons why they can help transform your health. By slowly chipping away at old habits, you can build your weight loss plan to fit your lifestyle and help you avoid environmental weight gain. In The Quench Diet, we'll cover all the bases, giving you everything you need to know to make dramatic changes in your weight, lifestyle, and your overall health.

Quick Weight Loss Atkins Diet, 1200 calorie Diet, Weight Loss, Protein Diet, Healthy Diet, Diet Plans, Best Diet, Diet Foods, 2014-09-02 Quick Weight Loss: Best Way to Lose Weight Using Weight Loss Recipes How to lose

weight fast is a question everybody is asking. Are there any diets that work? There are lots of weight loss tips and weight loss programs available in the market, and the question is, do they work? Never before has there been various weight loss meal plans available out there. People are looking for easy ways to lose weight and the best way to lose weight not just mere weight loss shakes that never deliver the satisfaction and the results they deserve. So, what is the quickest way to lose weight? Losing weight entirely depends on your diet or diet plan. If you have a lot of body fat to lose, your diet plan should be centered on high protein diet. The quickest way to lose weight is to combine a healthy eating plan with exercise. Should you be eating 1200 calories Or 1600 calories a day? Stop counting calories and shopping for esoteric ingredients! This guide shows you how to make smart, healthy choices so you get it done and see the results you deserve. If you are looking for best weight loss diet, a healthy diet and healthy recipes for weight loss - then this is one of the books to read to achieve the weightloss results you deserve. All the recipes are based on 1200 calories a day diet. This book can only be beneficial if the diet or diet plan is combined with exercise for losing weight or losing weight fast. Tags: quick weight loss, best way to lose weight, weight loss recipes, weight loss tips, fastest way to lose weight, weight loss eating plan, quick weight loss diet, diets for quick weight loss, quick weight loss tips, quick weight loss diets, weight loss programs, best weight loss program, healthy eating plan, healthy diet plan, healthy diet plans, fast weight loss tips, tips on how to lose weight, tips to lose weight, rapid weight loss tips, losing weight tips, weight loss foods, best foods for weight loss, best weight loss foods, weight loss food plan, fast weight loss, fast weight loss diet, fast weight loss diets, best weight loss diet, best ways to lose weight,

healthy recipes for weight loss, weight loss meal plan, weight loss meal plans, 1200 calorie diet, how many calories, ways to lose weight, quickest way to lose weight, easy ways to lose weight, ways to lose weight fast, fast way to lose weight, easy way to lose weight, easiest way to lose weight, diets to lose weight, best diet to lose weight, lose weight fast diet, diet plan to lose weight, diet plans to lose weight, low fat diet, weight loss, rapid weight loss, weight loss smoothies, weight loss shakes, weight loss diet, weight loss diet plan, weight loss plan, weight loss plans, lose weight fast, losing weight, how to lose weight quickly, losing weight fast, diet plan, protein diet, diet, low carb diet, healthy diet, diet plans, diets that work, diet recipes, diet food, high protein diet, best diet, diet foods, how to lose weight, fat burning foods, weightloss, kindle books, ebooks, kindle books, kindle ebooks

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Diet Weight Loss Tips Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms

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hot water in a large bowl 2
add coconut milk vanilla
and sweetener and mix with
spoon 3 separate equally
into 6 cups or bowls of your
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calories proteins vegetables

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calories 273 3 fat 3 1 g

protein 55 g carbs 3 7 g

fiber 0 6 g

2 min mug cake low carb

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web minutes to prepare 1

minutes to cook 1 number

of servings 4 ingredients 1 4

c truvia natural sweetener 1

c almond flour per 3 t cocoa

powder hershey s

unsweetened unlisted

nutrients estimated from

usda website 1 8 tsp baking

powder 1 2 tsp baking soda

1 4 tsp salt 2 t coconut oil 1

egg fresh whole 2 t half and

half cream directions

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