



# **The Everything Guide to the Carb Cycling Diet: An Effective Diet Plan to Lose Weight and Boost Your Metabolism (Everything®)**

*Matt Dustin*

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# The Everything Guide to the Carb Cycling Diet: An Effective Diet Plan to Lose Weight and Boost Your Metabolism (Everything®)

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## **The Everything Guide to the Carb Cycling Diet: An Effective Diet Plan to Lose Weight and Boost Your Metabolism (Everything®) Matt Dustin**


A unique food plan to drop the weight and fuel your body!

If you've ever struggled to lose weight on traditional low-carb or low-fat diets, you know the frustration that comes with cravings and eventually gaining the weight back. Enter the carb cycling diet! Carb cycling is a unique diet program that alternates high-carb days with low-carb days, helping your body to boost metabolism one day and burn fat the next. Using this program, you'll drop pounds quickly and safely while optimizing your health and fitness levels.

Inside you'll find delicious and satisfying recipes, including:

- Chocolate Banana Protein Pancakes
- Key Lime Pie Smoothie
- Southwestern Fajitas
- Steakhouse Blue Cheese Burger
- Coconut Garlic Shrimp
- Buffalo Chicken Macaroni and Cheese
- Spring Pea and Mint Soup
- Cinnamon Pecan Cookie Bites

*The Everything Guide to the Carb Cycling Diet* provides shopping lists, meal plans, and 150 recipes--all the tools you need for long-lasting results--and you'll never feel deprived of your favorite foods again!

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