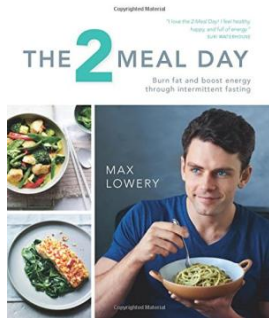


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THE 2 MEAL DAY: BURN FAT AND BOOST ENERGY THROUGH INTERMITTENT FASTING (PAPERBACK)



Kyle Cathie Limited, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. In The 2 Meal Day, Max Lowery introduces intermittent fasting - eat just two meals a day, either breakfast and lunch or lunch and dinner - to burn fat and get fit fast. Rather than grazing on food all day, having to do complicated calorie calculations, or adhere to super-restrictive regimens, simply eat two meals to lose weight, reduce hunger, and feel more energized. Choose...

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- Authored by Max Lowery
- Released at 2017



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