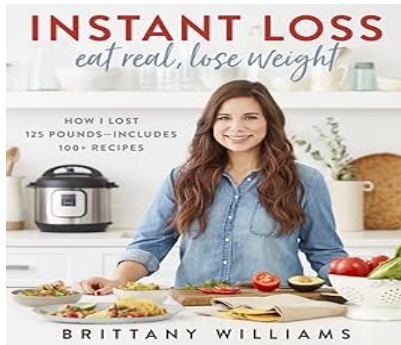


Instant Loss: Eat Real, Lose Weight: How I Lost 125 Pounds--Includes 100+ Recipes By Brittany Williams

Lose Weight: How I Lost 125 Pounds--Includes 100+ Recipes Brittany Williams has taken the weight loss world by storm with her best selling Instant Loss Cookbook. After reaching a peak weight of 260 pounds and a lifetime of struggling with obesity yo yo dieting autoimmune disease and chronic fatigue Brittany changed her relationship with food and lost an astonishing 125 pounds in a year without exercise. She cut processed and takeout foods from her diet and eliminated gluten most grains and sugar all without sacrificing the flavors of the foods she loved and quickly grew legions of fans as she shared her meal plans on InstantLoss.com. Armed with a collection of 125 delicious recipes for the Instant Pot air fryer and Brittany's new book shows how to make this a sustainable lifestyle with kid and family friendly meals from Strawberry Shortcake Oatmeal to Cowboy Chili to Easy 2 Minute Pork Chops. Members of her growing community have reported losing 50 and even 100 pounds themselves and this cookbook will help others achieve similar success with simple delicious meals nearly all ready in 30 minutes or less. Brittany Williams has taken the weight loss world by storm with her best-selling Instant Loss Cookbook. It helps me feed my kids food they enjoy that's also healthy! I'm so happy I bought this book I'm buying her new one in December! Instant Loss: Eat Real Lose Weight: How I Lost 125 Pounds--Includes 100+ Recipes Love love love! I loved Brittany's first recipe book and I love this one even! Love the photos and so many awesome recipes! I have a number of cool books and go from one to the other and have often wished I could find most of recipes in one book and I feel this one is pretty much it! Thank you Brittany Instant Loss: Eat Real Lose Weight: How I Lost 125 Pounds--Includes 100+ Recipes So overwhelmed and struggled with fad diets for so long I read this book bought an instant pot air fryer and Vitamix and have bought this book again to give away to a friend because by following these simple principles I have lost 20lbs in 5 weeks. Give it a try it's a lovely read with a great personal story not just recipes and really inspirational thank you Brittany bless you for writing this x Instant Loss: Eat Real Lose Weight: How I Lost 125 Pounds--Includes 100+ Recipes Didn't state in the description that you need a special cooker for almost all the recipes. She cut processed and takeout foods from her diet and eliminated gluten most grains and sugar all without sacrificing the flavors of the foods she loved and quickly grew legions of fans as she shared her meal plans on InstantLoss. Armed with a collection of 125 delicious recipes for the Instant Pot air fryer and more Brittany's new book shows how to make this a sustainable lifestyle with kid and family-friendly meals—from Strawberry Shortcake Oatmeal to Cowboy Chili to Easy 2-Minute Pork Chops. Members of her growing community have reported losing 50 and even 100 pounds themselves and this cookbook will help others achieve similar success with simple delicious meals nearly all ready in 30 minutes or less. After reaching a peak weight of 260 pounds and a lifetime of struggling with obesity yo-yo dieting autoimmune disease and chronic fatigue Brittany changed her relationship with food and lost an astonishing 125 pounds in a year without exercise. She cut processed and takeout foods from her diet and eliminated gluten most grains and sugar all without sacrificing the flavors of the foods she loved and quickly grew legions of fans as she shared her meal plans on InstantLoss. Armed with a collection of 125 delicious recipes for the Instant Pot air fryer and more Brittany's new book shows how to make this a sustainable lifestyle with kid and family-friendly meals—from Strawberry Shortcake Oatmeal to Cowboy Chili to Easy 2-Minute Pork Chops. Members of her growing community have reported losing 50 and even 100 pounds themselves and this cookbook will help others achieve similar success with simple delicious meals nearly all ready in 30 minutes or less, After reaching a peak weight of 260 pounds and a lifetime of struggling with obesity.



Thank you Brittany for sharing all these recipes, I as nervous taking the first steps but started with a few recipes and started building up: I am starting to see the positive changes in my confidence and liking who I am. There are not enough words that can express how thankful I am, Instant Loss: Eat Real Lose Weight: How I Lost 125 Pounds--Includes 100+ Recipes I love this book: I was terrified of using my instant pot for a year and half and finally started and now can't stop: My family has been on a no processed and added sugar kick and we can't get enough of these recipes: Highly recommend and such a fan of the blog Facebook group and the Instagram page it's so helpful to know other out there are experiencing the same thing: Waste of money since I have no intentions of buying equipment: Instant Loss: Eat Real yo-yo dieting autoimmune disease and chronic fatigue Brittany changed her relationship with food and lost an astonishing 125 pounds in a year without exercise: Brittany Williams has taken the weight loss world by storm with her best-selling Instant Loss Cookbook, Instant Loss: Eat Real Lose Weight: How I Lost 125 Pounds--Includes 100+ Recipes.

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