



PCOS Radical Diet Plan: PCOS Diet Plan Recipes

Patricia Karnowski

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PCOS Radical Diet Plan Recipes for Rapid Weight Loss

Chinese Herbalist specializing in fertility put these recipes together for her patients with PCOS. When they started following this plan they lost massive amounts of weight and kept it off.

This is not a low carbohydrate diet plan. You will be encouraged to eat as much as you want of them. This is also not a deprivation diet plan. These diet plans give temporary results at best. You need a permanent change to live a healthy life with polycystic ovarian syndrome.

Not only will you get the plan for how to eat this new way but you will get 35 recipes that you will love and get you started on this new way of eating.

Have you been struggling to lose weight with for years or did your doctor tell you to lose weight to help your polycystic ovarian syndrome but not tell you how. This book is for you.

Bonus: Instant access to informational videos to help you understand why this way of eating is so important for women with PCOS to get pregnant and for a healthy life.

Sign up for Dessert Recipes for Women with PCOS

- 35 delicious plant based recipes
- Yes you can eat carbs. You will see how.
- Successful diet plan for women with PCOS
- Recipes to help you take the weight off and keep it off.
- HEALTHY eating
- Whole Food Based Recipes

Step by step easy to follow delicious recipes for all the foods you love but thought you couldn't eat.

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