



Gladiator Box Set: Beginner's Guide to Gladiators Diet and Intermittent Fasting to Building Muscle, Gaining Strength and Losing Weight in No Time! (Ripped Stomach, Stronger Legs)

Carrie Bishop, Michael Hansen

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Gladiator Box Set (2 in 1)

Book One: Diet for Gladiators: Your Guide to Losing Weight, Gaining Muscle, Energy & Strength with Great Recipes

If you have heard of the Diet for Gladiators, but, do not know what all the craze is about; this book will get you on the path to gaining muscle and burning fat.

You won't believe how simply a diet can be and this is the only diet you get to feast every night; yes, will stuff yourself every night.

This is a diet that people are not shying away from for two reasons; one it works and second it doesn't take a masters degree in nutrition and science to follow it. This approach to dieting may be just what the world needs to get back into shape.

Some rules of dieting have been thrown at you your whole life and you will be shocked to find out which ones you won't be following anymore. You will even be enjoying foods that you love that other diets tell you eliminate from your diet; you will even make yourself a feast of them.

Inside you will learn:

- The concept that the Diet for Gladiators entails.
- Surprising health benefits of the diet.
- Why the Diet for Gladiators works.
- How simple it is to follow the Diet for Gladiators.
- The foods that you will be enjoying; it won't feel like a diet.
- How to follow the diet plan.
- Great recipes that will have you coming back for seconds during your feast.

Once you understand the knowledge and the power of the Diet for Gladiators and its simplicity you will be transforming into a new person physically, nutritionally, and mentally.

Don't wait; download your copy of this book now and start gaining the muscle and losing the fat!

Book Two: Intermittent Fasting: The Best Diet for Building Muscle, Burning Fat and to Losing Weight in No Time

Are you tired of trying out multiple weight loss diets in the hopes that their promises will hold true and you can start to look your best? Are most diet plans too complex or expensive and you are tired of not seeing any results? If this sounds like something that you have been through, it might be time to try something new.

This guidebook provides you with a new diet plan, known as intermittent fasting, that is going to be able to help you out. There are several ways to do this kind of fast, but you are going to find that it can burn through fat and calories in no time, get you in shape, and it is so easy to do compared to other diet plans.

In this guidebook, you will learn everything that you need to know about intermittent fasting.

Some of the things you will learn include:

- What is intermittent fasting and how does it work.
- Different ways to enjoy an intermittent fast
- The health benefits of trying out this kind of fast
- 25 recipes to get started on to show how easy this diet plan can be.

When you are ready to try something that actually works and is going to show you the results that you want, give intermittent fasting a try. It is easy and can provide amazing results in no time. Look through this guidebook to find out how right now!

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