



# Hormone Diet: 1500 Good Calorie Meal Plan To Combat Leptin Resistance-14 Days To Reduce Cravings And Regulate Metabolism

*William Terry*

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## **1500 Good Calorie Meal Plan To Combat Leptin Resistance-14 Days To Reduce Cravings And Regulate Metabolism**

**If you're looking for a single solution — or rely on a short-term diet as a quick fix — you'll probably be disappointed. But there's good news: There are many things that you can do that will lead to lasting body composition change**

**Once you make this change -- adding the right fruits and vegetables, nuts and seeds, and protein sources, and cutting back on sugar and unhealthy fats -- you'll notice a remarkable change. Not only will you feel better and look better and find the pounds dropping almost effortlessly, but you'll also stop craving unhealthy foods**

If you're overweight and growing more-so each day, you need to take a hard look at leptin. If you're more than 30 pounds overweight, you almost certainly have some degree of leptin resistance.

If you experience a bunch of food-as-reward and overeating issues, especially with carbs, that's another sign because leptin dims the reward center of your brain when it's functioning properly — this is what produces the feeling of satiety.

Leptin resistance makes you satiety-resistant. Your brain never says, “hey, you can stop now.” And it's a cycle, because the more body fat you have, the more leptin you produce and the more the receptors ignore the signals.

## **Here Is A Preview Of What You'll Learn...**

The Hormone Diet Shopping List

Hormone Diet 14-Day Program Plan

Baked Zucchini, Potato and Mushroom Omelet

Pistachio and Orange Salad with Raw Honey Lemon Dressing  
Sausage and Mushrooms Quiche  
Quick Power Vanilla-Banana Smoothie  
Strawberry Parfait with Almond-Vanilla Cream  
Mediterranean-Style Chicken Skewers with Low-Fat Yogurt  
Chicken Whole-Wheat Fajitas with Fresh Salsa  
Linguini Asparagus with Plum Tomatoes and Basil  
Chunky Turkey with Rosemary and Garlic  
Much, much more!  
**Download your copy today!**

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