



# **The Menopause Diet: 101 Delicious Low Fat Soup, Salad, Main Dish, Breakfast and Dessert Recipes for Better Health and Natural Weight Loss (Healthy Weight Loss Diets)**

*Alissa Noel Grey*

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## **INCREASE YOUR ENERGY, LOSE WEIGHT AND FEEL AMAZING!**

**Amazing 30 MINUTE recipes that will drastically improve your health and your weight!**

Although menopause is a time of change that women can't avoid, you can avoid weight gain and reduce the health risks and symptoms that may accompany menopause.

From the author of several bestselling cookbooks and fitness enthusiast Alissa Noel Grey, comes a great new collection of delicious diet recipes that will help you survive and manage the Menopause through diet.

**The Menopause Diet: 101 Delicious Low Fat Soup, Salad, Main Dish, Breakfast and Dessert Recipes for Better Health and Natural Weight Loss** is an invaluable and delicious resource of healthy plant-based recipes that will make a real difference to how you feel during the menopause, will reduce some of the symptoms, and help you avoid weight gain.

**If you're looking for a natural way to manage menopause symptoms and lose weight, this cookbook is for you.**

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