

SNEAK PREVIEW EDITION

EAT **HOT**... LOOK **HOT**™

SECRET STRATEGIES TO LOSE WEIGHT QUICKLY



Burn More Fat and Boost Your Metabolism at any Age

ALESSANDRA SOLIS

Alessandra Solis

EAT HOT...LOOK HOT, Secret Strategies to Lose Weight Quickly: Burn More Fat and Boost Your Metabolism at any Age! Sneak Preview Edition (Volume 1)



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Here's How an Ordinary Mother of Two Shed 18 Pounds in 5 Weeks by Raiding Her Child's Snack Bin...Would you believe that eating this ONE particular kind of potato chip would be the means for dropping 18 pounds of extra body fat in 35 times? It's true!And Alessandra Solis—the author of EAT HOT...LOOK HOT™—discovered this amazing secret even though she was trying to overcome a chilly.Regardless of what diet you are on, you can continue steadily to eat that way when you incorporate the EAT HOT...LOOK HOT™ way of eating.You are actually revving up your metabolism for fast weight loss." (Chapter 1)Stop and Start Any Time You WantUnlike other diet plans where you must "be on the system" for a period of weeks... months... years... or even forever.....the EAT HOT...LOOK HOT™ way of eating enables you to lose weight on your own time and matches into any timetable.Paleo?Solis then teamed up with physicians to confirm her revolutionary findings.Tired of Depriving Your self?Gluten-free of charge?Forget about depriving yourself of certain foods...You're vegan? No problem! Easy Metabolism-Boosting Weight Reduction Backed by Clinical ScienceSolis spent three years researching how some "everyday ingredients" combined with some spices put into common foods revs up the metabolism for quick and easy weight loss. No problem!Currently about Keto? No problem!Unlike additional diets that restrict you from eating specific foods—such as Paleo, vegan, Keto therefore on—this metabolism-boosting diet only asks that you add certain ingredients to your existing foods. No issue!She knew that spicy foods would help drain sinuses and relieve some cold symptoms.In this fascinating guide to easy and fast weight loss, you will discover...Why this common Asian "root" well known because of its unique properties makes amazing results (Chapter 2)9 simple easy-to-prepare Fat-Burning dishes gets you revving up your rate of metabolism just like a jet engine for effortless weight lossHow to customize the easy-to-follow Four Stage Induction Plan to match perfectly with your personal tastes and lifestyleHow this unlikely food item—that can be bought at any convenience store—helped Solis slimmed down while still "feeding on cookies, pizza, pasta, meats and potatoes. in 5 weeks without even giving it a second thought.If you want to lose weight fast before a big event, just then add of the things that Solis describes in this book to your favorite dish and...BAM!And by eating her son's potato chips for some weeks to very clear her sinuses.....she lost 18 lbs. It's that simple.Now, imagine...Losing 10... 20... or 30 lbs. or more before that big eventFitting into that gown for "date night" you have stowed away in your closetFinally acquiring that beach vacation because you appear...well, pretty damn sizzling!Ditching your "fat clothing" forever!Shopping for a whole new "skinny wardrobe" for a whole new

youYOU CAN DO THIS...All you need to do now is definitely click on the BUY button near the top of the page.....and you'll be on your way to a complete new you WITHOUT depriving yourself of the foods you love!



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Throw those traditional diet programs out the window Miss Solis gives us a preview of her upcoming publication which will help those of us who are fighting excess pounds to lose weight without cravings and dieting, by just adding a few elements to our diet. If this functions it'll be revolutionary to culture's problem of obesity. Great function by Alessandra Solis! Can't wait to try it. It's a super basic idea with a huge amount of research to back again. Jill Avendano Easy to follow all of the recipes! I loved! This book really changed my entire concept of dieting. Living in the southern US, my palate is certainly no stranger to spicy food, so this diet is perfect for me. It's the first-time I have ever been thrilled to start out a diet! Well written, extremely positive and inspiring! Can't wait around to start! The title is fitting. The book is quite useful! I am now going to try these dishes and see what goes on. so easy! You just have to be sure you avoid certain foods when you take in the spicy ones. With God's help I'll start implementing and really hope it works. Eat HOT The main reason I read this book was for several health benefits. Eat Hot Look Hot is successful. It did help with my sinus issues for sure. I would recommend this book, you can understand, the author has taken the approach for the reader to take pleasure from the trunk story of her knowledge, resulting in a reader friendly edit. Just what a great book! Better still Just what a great book! Better still, it works! This book has taken my weight loss journey right into a totally different direction, simply by tweaking my food and snack choices. Losing weight following a authors suggestion with technology backed research will incentive the reader with the increased loss of undesirable pounds without compromising the readers food practices... From the study I have done by myself this should work. I love this book I love this book! Easy to read and easy to do. I've started using the methods listed and Personally i think great! I wanted a diet that could give me range and leave me feeling satisfied. Alessandra Solis you earn that happen FINALLY A DIET (Life style) THAT WORKS! Thank you! Alessandra Solis you have made that happen. Already losing those struggling 10 pounds that we all find so hard to lose. Believe me, you will eventually lose it and enjoy the journey on the way. No diet pills or products necessary...! Excellent! One of my favorite diet book. Eat a few spices a day This book is simple to learn and follow. Turn your persistent white fat right into a quick burning up brown fat variety by adding a few spices into your daily diet. What a concept and must read! All you need you can probably already find in your cupboard. Best book ever !! Who would ever wanna get back to their older methods when maybe it's this easy, and I could still eat my poker chips!!!! Merely adding a few spices to your diet will speed up your fat burning capacity and trim your waistline. My doc suggested adding sizzling spices, peppers etc.!! This is actually the only book You'll have to get the work done.!! Rikki Weinstock Potato chips This is the best shortcut to weight loss!! I wanted a diet that would give me

variety and leave me feeling happy. Easy to understand information and a lot of recipes that are easy to prepare and make! This is exactly what I wanted. Five Stars Excellent! This book is full of great information! This book is an absolute MUST READ! Crazy how it works! It's a super simple idea with a ton of research to back it up. We thought it was well-planned and easy to implement noticed the way it cleared sinuses before I thought it was well-planned and easy to implement noticed the way it cleared sinuses before. She includes lots of scientific data and quality recipes to start out on this way to a new healthy slimness. Eat Hot Appear Hot is successful. Losing weight ... I can say that I did so lose weight after incorporating the recommendations in this book though. I love the actual fact that the recommendations could all be bought at my local grocery store. Bravo Alessandra. Love this diet!.



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