



# **Yoga Diet: How to Energize Your Yoga Practice and Nourish Your Body for Optimal Health and Happiness (28 Mouthwatering Recipes Included!, Yoga Mastery Series, Mindful Eating)**

*Olivia Summers*

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## **The Yoga Diet Is All You Need To Completely Transform Your Mind, Body And Spirit In As Little As 4 Weeks!**

My name is Olivia Summers and I'm a Certified Yoga Teacher and I've developed a personalized eating plan specifically for yogis. So, if you're tired of following the advice of so-called "diet experts" only to lose 15 lbs. and then gain back 30--then you're going to love The Yoga Diet book.

Now, you might be thinking to yourself, "Why should I listen to her?" Well, I didn't always have a naturally slim and sexy body. In fact, before I discovered yoga and the traditional yogic way of eating for my health, I used to be more than 50 pounds overweight! So believe me when I say I know where you're coming from. Getting control of your eating habits is hard, but there's no need to complicate it with stressful diets and complicated workout routines.

## **All You Need To Change Your Eating Habits And Live A Healthy Lifestyle Is Within These Pages!**

The good news is, it's not rocket science! I break down the traditional yogic diet and put a modern spin on it to make fueling your body for a healthy yoga practice and an even healthier life--simple!

The Yoga Diet will teach you everything you need to know in order to drop the unwanted weight, trim excess inches and feel years younger!

## **Here's A Sneak Peek Of What You'll Learn...**

- The benefits of a healthy & well-rounded yoga lifestyle
- Patanjali's 8 Limbed Path--and how it can help you eat better
- What the traditional Sattvic Diet is and why it's still relevant today
- The 3 Gunas and why they're so important to our health

- Healthy Yogi Foods Cheat Sheet
- Why dairy is a beneficial part of a vegetarian diet
- Discover your mind-body type--and how to eat for it
- 28 Amazingly Scrumptious & Healthy Recipes to get you started
- 3 Week Meal Plan to boost weight loss and promote better eating habits
- Why the Yoga Diet isn't just about food--the hidden dangers of your home
- Plus, so much more!

So if you're ready to connect your mind, body and spirit through the Yoga Diet and feel the best you ever have, then what are you waiting for?

**==> Scroll up and click the buy button to get your copy now!**

tags: yoga, whole 30 recipes, yoga for beginners, yoga diet, yoga for weight loss, clean eating, whole 30 diet

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**Martha Robertson:**

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