



**Coconut Oil for Weight Loss: 30 Quick and Easy  
Coconut Oil Recipes (Main Dishes, Desserts, and  
Drinks Recipes) (Weight Loss For Women # 5)  
(Weight Loss ... Vegetables, Coconut oil, and Detox  
Diet)**

*Jennifer Lins*

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## **Quick and Easy Coconut Oil for Weight Loss Recipes**

**Coconut oil weight loss** slows down digestion which helps you to feel full longer after a meal. It will also help you to control overeating, snacking, and fluctuations in your blood sugar. It helps to slow the rate at which carbohydrates are broken down into blood glucose. All these factors, including increasing the metabolism, are an efficient way for successful weight loss.

### **A preview of what you will learn from this book:**

Top10 Coconut Oil for Weight Loss Recipes – Main Dishes

Sweet Potato Roast  
Avocado Sunny Side Up  
Coconut Potato Latkes  
Spicy Coconut Shrimp  
Corn Cakes  
Velvet Mashed Potatoes  
Coconut Chicken Adobo  
Coconut Cucumber and Carrots  
Chicken and Pear Stir-fry  
Healthy Coconut Coleslaw

*Top10 Coconut Oil for Weight Loss Recipes – Desserts*

Coconut Macadamia Bites  
Coconut Lemon Squares  
Quinoa Brittle  
Vegan Choconut Mousse  
Fruity Paleo Macaroons  
Cold Banana Coins  
Gluten Free Brownies  
Vegan Peanut Butter Bites

Coconut Ice Cream  
No-Bake Flaxseed Biscuits

### ***Top10 Coconut Oil for Weight Loss Recipes – Drinks***

Breakfast Date Shake  
Almond Orange Smoothie  
Healthy Strawberry Shake  
Papaya Shake  
Banapple Smoothie  
Hot Chocolate with Coconut  
Power Smoothie  
Dairy-free Coffee Creamer  
Super Green Shake  
Piña Colada Smoothie

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### **From reader reviews:**

#### **Lorri Nicholson:**

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#### **Cheryl Waller:**

This book untitled Coconut Oil for Weight Loss: 30 Quick and Easy Coconut Oil Recipes (Main Dishes, Desserts, and Drinks Recipes) (Weight Loss For Women # 5) (Weight Loss ... Vegetables, Coconut oil, and Detox Diet) to be one of several books in which best seller in this year, that's because when you read this publication you can get a lot of benefit on it. You will easily to buy this specific book in the book retailer or you can order it through online. The publisher of the book sells the e-book too. It makes you quickly to read this book, because you can read this book in your Touch screen phone. So there is no reason for you to past this reserve from your list.

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