

Four\_hour\_body\_cookbook

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## Summary:

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Slow Carb Cooking: White Chicken Chili - Four Hour Body The original recipe appeared in Tim Ferrissâ€™ Slow Carb Cookbook for the Four Hour Body. When the Spanish Canary Islanders started making a spicy stew from chili peppers, garlic, onions, and cumin, along with chopped or ground beef they called it â€œpeppers with meatâ€™. 4 Hour Body Recipes: Slow carb diet recipes that taste great Lose weight on the slow-carb diet while eating the tastiest food possible! Recipes for breakfast, lunch, dinner, side dishes, snacks, drinks, and more. The 4-Hour Body - Official Site The 4-Hour Body is the result of an obsessive quest, spanning more than a decade, to hack the human body. It contains the collective wisdom of hundreds of elite athletes, dozens of MDs, and thousands of hours of jaw-dropping personal experimentation.

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