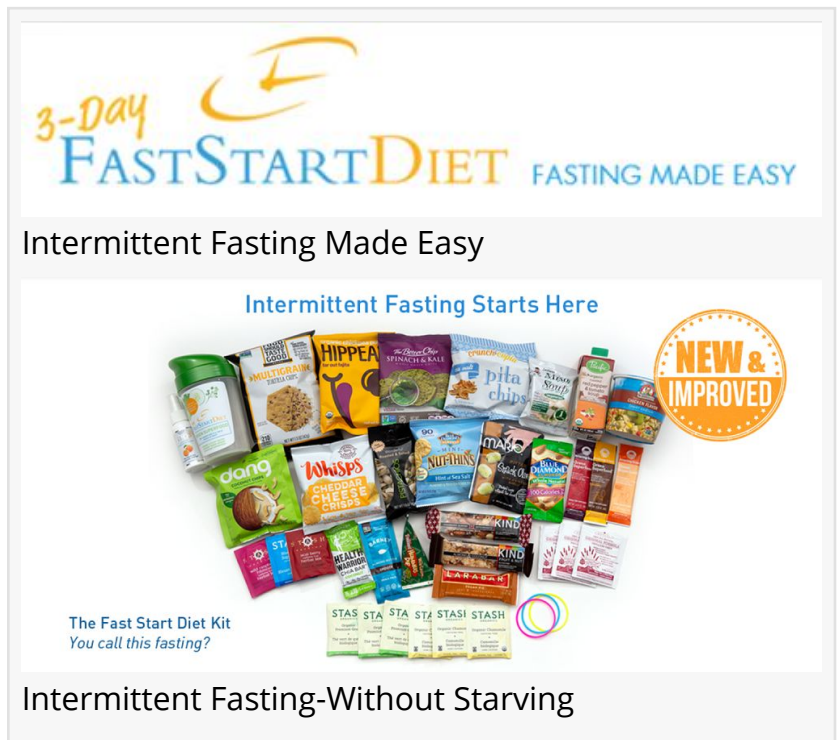


# Intermittent Fasting Made Easy - The 3 Day Fast Start Diet

*Intermittent Fasting has been scientifically proven to aid in weight loss, boost metabolism, and enhance hormone function. Nutrient ratios proven to get results*

TENAFLY, NJ, US, January 1, 2019 /EINPresswire.com/ -- Tenafly, NJ – Dec 29th 2018, Weight Loss Buddy has made headlines with the launch of a new 3-day fasting diet that is said to be the best yet. Unlike other fasting diets that are hard to follow, Weight Loss Buddy has put together a 3-day fasting diet meal kit that includes every single thing needed to get through the 3 days. The 3-day fasting meal kit includes an appetite suppressant to reduce hunger cravings, and pre-calculated, pre-proportioned meals to get through all three days. The Weight Loss Buddy meal kit makes it much easier to complete a 3-day intermittent fasting diet because they have taken care of the hard work. The meal kits come with three days of delicious and wholesome foods that aide in the alleviation of bloating and sugar-cravings.



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"You can't help someone up a hill without getting closer to the top yourself ""

*Joey Dweck*

The 3-day fast start meal kits are part of a pre-measured, pre-calculated 3 day eating plan. Joey Dweck the CEO of Weight Loss Buddy was quoted as saying, "We have gone to great lengths to choose, out of hundreds of foods, nutrient ratios, that were found to be the most beneficial in recent longevity studies in tricking the body into thinking it's fasting. This is the most valuable box of meals you are ever going to get. An individual would have to spend \$100's of dollars to buy these items in bulk, not to mention

assembling them. You buy only what you need. Start building a new body now!" He went on to say, "Anyone can benefit from this Spring-Cleaning of sorts. It doesn't matter how good your diet is, or how much exercise you do, the body ages and the cells accumulate damage."

[LiPO3 Appetite Suppressant Spray](#) is included with the meal kits at no extra cost. LiPO3 is a unique formula that contains clinically proven appetite suppressants with a powerful liposome delivery system. It is made entirely in the USA. Intermittent Fasting has been scientifically proven to aid in weight loss, boost metabolism, and enhance hormone function. Some researchers believe that the rise in health problems has a lot to do with the fact that many people no longer go hungry. 3-day fasting diets are becoming hugely popular and remain to be a very healthy way to detox the body.

To learn more about the Weight Loss Buddy or their new 3-day fast start meal kits, visit their official website at <https://www.faststartdiet.com/>

Take a look at ["Unboxing the Diet"](#)

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3-DAY  
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You call this Fasting?

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