

Siim Land - Metabolic Autophagy Master Class

The Metabolic Autophagy The Video Course is a video course that teaches you how to optimize your performance and longevity through intermittent fasting. This course includes instructional lectures, step-by-step guidance, video walkthroughs, meal examples, coaching calls and more.-By-Step-by-step guides Here's how you can get it:

- Video Content for 12+ Hours
- 35+ Video Lectures About Metabolic Autophagy
- Metabolic Autophagy E-Book PDF
- How to Fast for Fat Loss and Muscle Growth.
- How to structure your macros
- What Foods are Best for Your Optimal Nutrition
- Blueprint for Targeted Intermittent Fasting
- Common Mistakes Avoided
- Autophagy Boosting Foods
- Examples of Meal
- Example of a Workout
- Metabolic Autophagy Diet Cookbook PDF
- 70+ recipes with Macros & Ingredients

Here's what you'll get in Siim Land – Metabolic Autophagy Master Class

Name ↑	Owner	Last modified	File size
 1. Course Material	me	Sep 23, 2021 me	—
 2. Metabolic Autophagy Lectures	me	Sep 23, 2021 me	—
 3. Intermittent Fasting in Practice	me	Sep 23, 2021 me	—
 4. Meal Examples	me	Sep 23, 2021 me	—
 5. Exercise and Working Out	me	Sep 23, 2021 me	—
 6. Group Coaching Calls	me	Sep 23, 2021 me	—
 7. BONUS Biohacking Bootcamp	me	Sep 23, 2021 me	— 